

Yummy

GIANT WEEKEND MARKET GUIDE * GET MANGO MANIA!

APRIL 2011

EASY MEALS EVERY DAY

Enjoy a picnic!

TWO-WAY
CHICKEN
ADOBO

**EVERYDAY
GRILLING**
FROM PANCAKES
TO BURGERS

**COOK & BAKE
WITH FRUITS**

Too hot?
10 NO-COOK
MEALS FOR
SUMMER DAYS

Dash to dine!
32 new restaurants
and menus to explore



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Road trip recipes
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APRIL 2011

COVER RECIPE

TWO-WAY ADOBO

Good ol' *adobo* travels so well that it's become one of the most reliable and most satisfying picnic and road trip fare. Even if you can't reheat it when you get to your destination, it still tastes great. Of course, you don't need to leave home to indulge in this chicken *adobo* duo.

Serves 4 to 6 **Prep Time** 15 minutes **Cooking Time** 45 minutes

- ☐ 1½ kilos chicken, chopped into serving pieces
- ☐ ¾ cup vinegar
- ☐ ⅓ cup soy sauce
- ☐ ¼ cup water
- ☐ 1 teaspoon whole black pepper
- ☐ 1 ounce garlic, roughly chopped

- 1 Place chicken in a medium saucepan.
- 2 In a medium bowl, combine vinegar, soy sauce and water. Stir well. Pour over the chicken. Add pepper and garlic.
- 3 Bring chicken to a boil, about 5 minutes, then reduce heat and simmer on low. Do not stir. Simmer for 30 minutes. Turn over chicken pieces to cook pieces evenly. Simmer

for another 15 minutes.

- 4 Allow to cool.

5 To make *adobo* flakes: Get the white meat (preferably) and flake using 2 forks or your hands. Place on a plate or tray and allow to dry for 15 minutes.

6 In a small saucepan, add enough oil for deep-frying. Bring oil temperature to 375°F. Gradually add the flaked chicken and cook for 3 to 5 minutes or until golden and crisp. Drain on paper towels.

7 To assemble: Place rice on half the container. Pour some *adobo* sauce over the rice. Place crispy *adobo* flakes over the rice. Serve boiled *adobo* on the side with red egg and tomato as desired.

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yummy at a glance

Looking for fun picnic fare? Want to add a touch of class to your household menu? Whipping up light dishes this summer? Interested in cooking with local leafy vegetables? Here's your guide to planning yummy meals.



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EDITOR'S NOTE

Paulynn Afable in Sydney, Australia: "My husband, Paul, and I were seated in the food court area in the basement of the Sydney Opera House, enjoying an almond croissant and a latte. That's the Harbour Bridge behind us!"



Becky Kho in Seoul, Korea: "I think of affogato as 'my drink'—and I had some of the best ones in Seoul's numerous cafés. They're served with a generous scoop of gelato and the one at 10x10 Café even came with almonds and walnuts."

Think of this issue as an invitation to get out of the house, the city, your comfort zone.

Has it been a while since you've dined under a mango tree or on a picturesque hillside or by the beach? Pack a picnic! All the ingredients you need are in "Sunny day for a picnic."

Never gone food shopping outside the supermarket? Take a look at our feature story on weekend markets. In "On your market, get set, go," writer Lou E. Albano gives a tour of six markets around town and shows the wide range of produce and cooked dishes available at these food meccas. Think fresh mushrooms, fresh dairy products, artisan breads. A visit to one or all these places is a sure way to expand your palate.

Do you dine at the same restaurants over and over? That's a shame because Metro Manila is home to so many new interesting restaurants. Ryan Fernandez profiles 32 restaurants in "Out to eat." Mark the ones that intrigue you and visit them the next time you have a date, a family dinner, or a special occasion to celebrate.

If we're lucky, time spent away from our usual haunts rewards us with fresh energy and inspiration. No one knows this better than Team Yummy. Take a look at where we've been and what has rejuvenated us in the past year!



Elaine Lim in Boracay, Aklan: "I couldn't decide what to order, so I ended up eating a buffet dinner of grilled oysters, pork *liempo*, and *adobong pusit*—with heaps of steaming rice!"



Rachelle Santos in Chiang Mai, Thailand: "After dining al fresco beside the Ping River, my mom and I lit up a *khom loi* (Lanna-style sky lantern) in celebration of Chiang Mai's breathtaking Loy Krathong and Yi Peng festivals."



Jonathan Roxas in Baguio City: "My family and I really had a great time eating at Café by the Ruins. Definitely one of our best meals!"

Liz Yap in Singapore: "Singapore has so many fun ice cream parlors—Island Creamery, Udders, Tom's Palette. Here I am at one of my favorite places, The Daily Scoop in Holland Village, enjoying a cone of Salted Mr. Brown. It's salted caramel ice cream with brownie chunks. Crazy delicious!"



Fran Ang in Los Angeles, California: "I got the Double Meat burger and it was really pure beef goodness in every bite. No wonder there's always a line inside and outside In-N-Out!"



TODAY YOU MAKE EGGS CREAMIER & FLUFFIER



AND HERE'S THE SECRET, WHO KNEW?



IT MAKES ALL THE DIFFERENCE.

Things to do on Yummy.ph

See what's sizzling on our recipe-loaded website this April!



THE THRILL OF THE GRILL

'Tis the season for outdoor barbecue get-togethers and we're serving tasty recipes to keep you company! Make Grilled Squid with Garlic Chives (*at left*), Fall-off-the-bone Baby Back Ribs with Texas Barbecue Sauce, Grilled Lapu-Lapu with Grilled Tomato Sauce and Garlic Mayonnaise, and plenty more.

At Yummy.ph, we've got 1,000 recipes for you to search and print and follow to your heart's content. Search for ideas for your everyday meals, follow our top five recipe lists, and access our Web-exclusive recipes!



GOING ON A ROAD TRIP?

Turn fuss-free *baon* ideas into meals that can keep you company on a summer journey. Think sandwiches (like Steak Burger Sliders, *above*), wraps, and cold pastas! Bring them to your next picnic, beach outing, or road trip.



Lenten menu planning

MEAT-FREE OPTIONS YOU'LL LIKE

Need help in planning your meatless meals? We've got you covered! Have fish and vegetables play a starring role on your table as we gear up for Easter. Yummy.ph has lunch, snack, and dinner fare you can rely on during your observance of Lent.

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Connect with us! Know the latest about cooking and dining out! Share your food finds and kitchen tips! Post your yummy ideas! See you on Facebook (www.facebook.com/yummymagazine) and Twitter (twitter.com/yummyph).





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For this summer issue, food editor **Rachelle Santos** produced a **picnic story** and dressed for the occasion! She and **Jonathan Roxas** tried their best to capture the sunlight of summer days in each photograph. Do you think they succeeded? Turn to “**Sunny day for a picnic**” to take a look!



We had a **yummy Valentine's Day!** Our Liz Yap received a large tub of caramel and strawberry **Bizu macarons**, which she shared with the team. Awww... Plus, the nice folks at **Mochiko** sent us their special **Rose Vanilla mochi**. Lovely!



Here, our **Elaine Lim** (standing) and contributor **Kat Jao** are busy **perfecting a tofu salad**. All that attention on one plate of food? Yes, that's how we do it here. See the result of their passion for details in “**Fresh ideas!**”



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Meet our friends



RYAN FERNANDEZ

FREELANCE WRITER

What I did for this issue Surveyed 32 restaurants for “Resto raves”

Currently busy with... “Planning a trip to Ho Chi Minh City. I’ve never been to Vietnam, so I’m looking forward to fresh food, authentic pho, and searching for the town’s best banh mi sandwiches. We’re doing a bike tour too, not for sightseeing really, but to burn all those calories.”

Favorite food joints in Manila “I love the hole-in-the-wall restaurants in Teacher’s Village: Pipino when I need to feel healthy, Van Gogh is Bipolar for the black mountain rice, and Tomato Kick for the stuffed tomatoes (and getting hammered).”

Most unforgettable meal “I was in Vienna last year with some European journalists, and a local friend took us to dinner at a *heuriger*, one of those open-air wine taverns on the outskirts of the city. The place was packed with people swigging beer, singing, laughing, and there were these two ancient grandfathers playing an accordion and

a guitar. I ate so much that evening: *wienerschitzel*, potatoes, sausages, fried dishes with names no one could pronounce, and enough horseradish to last me the next six months. We stumbled back to the hostel, drunk but incredibly giddy. Definitely a must for anyone going to Vienna.”

On trying 32 restaurants in the span of three weeks “One time, I made the mistake of visiting four places in a row. God knows how I made it out alive. By the end of the day, I felt bloated, smelled like cooked meat, and had food stains on my shirt. Most people call that gluttony. I call it research.”

Staff spotlight:

JONATHAN ROXAS

YUMMY ART DIRECTOR

Currently busy with... “Designing the pages of *Yummy* every month, as well as the quarterly *Yummy* Books. I’m also working on honing my photography skills. On my after-work hours, I’m getting back into playing badminton.”

Perks of the job “Aside from the fact that I’m surrounded by a bunch of talented people, I enjoy getting to eat at different places and travel out of town. I consider it a privilege.”

The elements “Good photography and styling always appeals to me. I don’t have a particular favorite section to work on, but I like laying out our feature stories since there’s more freedom in terms of how it looks. I get to be as creative as I want to be. ‘Fresh For Last’ is also fun to layout.”

Design philosophy “Don’t be tied up by the so-called rules. There are no rules in design. It’s intuitive rather than semantic. Also, I think inspiration is everywhere. It can come from the texture of a weathered table or an essay by Malcolm Gladwell. You just have to open your eyes to see it.”

Summer plans “Moving to a new house!”



SONJA OCAMPO

CHEF/OWNER, CUPCAKES BY SONJA

What I did for this issue Made sweet treats that let fruits shine for Weekend Entertaining

Currently busy with... “Setting up my commissary. We’re moving the cake department there and I am also putting up an R&D kitchen.”

Training ground “I’m a graduate of the Wilton School of Cake Decorating in Illinois, US. I am also a graduate of both culinary arts and pastry arts at the Institute of Culinary Education in Manhattan. I’ve apprenticed in several pastry kitchens in NY, including the ones at Oceana, Union Square Café, Tabla, Danube, Verbena, and Good. But most of my training came when I was sponsored as a pastry assistant at the prestigious Bouley. For two years, I produced various French desserts and pastries for both the bakery and the restaurant. I also did a brief stint at Magnolia Bakery, and I’ve taken courses under renowned Spanish chefs Oriol Balaguer and Paco Torreblanca.”

Culinary idols “The chefs I was lucky to work with—Bill Yosses, Marc Aumont, and David Bouley. Working closely with them taught me so much more about pastry than the time I was at culinary school.”

Kitchen philosophy “Never compromise on quality and use the best ingredients that you can possibly find.”

Summer plans “I’m doing a create-a-cupcake workshop for kids, now on its fifth year. I’m also teaching cupcake classes for adults at Enderun.”

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Your letters



COOKING CONFIDENCE

I've been married for almost a year now. When I was still single, I really didn't know how to cook. I just started to learn when I was about to get married. I bought lots of cookbooks and *Yummy* issues. I'm so surprised—

and so are my husband and parents—that I can cook well. I never knew I had the talent for it! I'm always excited to try your recipes, as I know my husband will love them. He always looks forward to the dishes I prepare—and I'm so happy about that. Thank you so much, *Yummy*, for helping me become a good cook and wife. More power to all of you!

Angie Fernandez-Quitaleg

EMPOWERED HOME COOK

I made homemade dumplings from scratch last night. I made the wrapper myself, and I made a meat filling and a vegetarian filling (mushrooms and veggies only). It took soooo long to make them so I had to roll them out in a hurry—the dumpling wrapper's consistency was a cross between bubble gum and asphalt, hahaha! The worse part: Whatever we didn't finish for dinner, we had for lunch today. The worst part: I'm gonna keep making dumplings until I get them right! *Yummy* put it in my head that I can make them myself.

Pam Marie Ko Ang, Xiamen, China

FROM FACEBOOK

Happy birthday, *Yummy*! The very first [recipe] I tried [from *Yummy*] was Chef Him Uy de Baron's steamed chicken with Chinese sausage. I think that was from the October 2010 issue. It was scrumptious!

Marga K. Manlapig

Because of *Yummy*, I am able to introduce a new dish with a twist to my family every day. Now, I can say that cooking is a lot more fun. Thanks!

Kat Coronel



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Tell us what you think of *Yummy*! Send your email to letters@yummymag.com.ph or post a note on www.facebook.com/yummymagazine. Letters are edited for clarity and space.



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YummyEATS

A cooking and eating fair this May!

VENUE: NBC TENT, THE FORT
DATE: MAY 21, 2011
TIME: 10AM TO 6PM

Come and join us in this food gathering with participating concessionaires specially chosen by Team Yummy! Admission fee is only P150. Bring a copy of Yummy magazine's May 2011 issue and pay only P100 for entrance fee!



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Yummy Ideas

Pasta perfect



TOMATO RIGATONI This light pasta is deliciously simple and a cinch to make—just four main ingredients! Cook 1 (300-gram) pack rigatoni according to package directions; set aside. Purée 500 grams ripe tomatoes with 1 large onion. Simmer the puréed mixture with 1 cup tomato sauce for about 10 minutes. Add some water to prevent it from drying out. Season as needed. Add ½ cup fresh basil (chiffonade); turn off heat. Toss in cooked rigatoni. Sprinkle with Parmesan cheese and extra basil to serve. To add more depth in flavor and sweetness without adding a lot of fat, we recommend adding strips of grilled vegetables like eggplant, zucchini, and red bell pepper to the dish. Serves 4.

FRY IT UP!

NORI-WRAPPED MANGO SHRIMP TEMPURA Want to try something new for dinner tonight? Make this! The ripe mango brings out the sweetness of the fresh shrimp and adds an exciting touch to a popular Japanese dish. Place 1 long strip ripe mango flesh over 1 shrimp (peeled and deveined, with tail left on). Bundle together by wrapping with a long strip of nori. Season with salt and pepper. Repeat to make 6 to 8 bundles. Mix store-bought tempura batter just before frying. (To make your own, simply mix together 2 cups flour with 1 cup ice-cold water. Do not overmix to allow for a crispy batter.) Dip each bundle in batter and fry in a heated pan with about 1 cup oil until golden. Make the dipping sauce: Combine 1 tablespoon mayonnaise, 1 tablespoon mango purée or mango juice, 1 tablespoon chopped cilantro, and 1 teaspoon lime juice. Season with salt to taste. Serves 6.



Mango mania

Crazy for mango? Here are four ways to work this top tropical fruit into your summer meals.



CHILLY SLURP

MANGO GAZPACHO This light soup is best served chilled—it's perfectly refreshing for those hot summer days! Place 2 cups ripe mango flesh, 2 cups orange juice, and 2 tablespoons olive oil in a blender and purée until smooth. Season with juice from 1 lime or to taste. In another bowl, toss together ½ cup finely diced cucumber, ½ cup finely diced mango flesh, ¼ cup finely diced red bell pepper, 1 tablespoon finely diced red onion, and ½ cup finely diced pineapple tidbits. Pour mango gazpacho over and chill until ready to serve. (Having guests over? You can make this soup 2 hours ahead of time.) If desired, garnish the soup with 4 leaves each of mint and cilantro (juliennered or torn into pieces), just before serving. Serves 6.



CREAMY DELIGHT

MANGO STRIPS AND CRABSTICKS PASTA

This four-ingredient recipe is so easy to make! Cook 1 (500-gram) pack spaghetti according to package directions. In a pan, heat 1½ cups all-purpose cream for about 4 minutes. Add 3 cups crabsticks (torn into pieces) and 1 cup sliced ripe mango; sauté until warm. Season with salt and pepper. Divide sauce in half. Pour the first half over cooked pasta; toss well. Pour the remaining sauce on top. If desired, garnish with additional sliced mangoes, crabsticks, and Parmesan cheese. For added flavor, sprinkle with tobiko (fish roe) as well. Serves 6.

ASIAN TWIST

CRUNCHY MANGO SLAW A perfect starter or a show-stopping side dish? One thing's for sure: This one's a delicious way to add veggies to your family's meals! In a big bowl, toss together 1 semi-ripe mango (peeled, pitted, and julienned), 2 cups julienned red cabbage, 1 cup julienned napa cabbage, 1 cup julienned carrots, 1 small red or white onion (sliced), and 1 red bell pepper (blanched, peeled, and julienned). Make the vinaigrette: In a bowl, mix together the juice from 2 limes, ⅓ cup rice vinegar, ⅓ cup roasted peanuts, ⅓ cup fried *dilis*, 1 tablespoon chopped cilantro stalks, and 2 tablespoons vegetable or olive oil. To add some spice, toss in a pinch of red chili flakes or to taste; whisk. Season with salt and pepper. Add dressing to the slaw. Toss and let stand for 20 minutes. Just before serving, top with fried *dilis* and mint leaves, if desired. To highlight the flavors of lime and mango, you can also add a teaspoon of fish sauce (*patis*) to the dish. Serves 6.



DRINK OF THE MONTH

DALANDAN ICED TEA

Our cool-down trick this summer: A cold glass of this fruit-tea sipper. Yummy!

Mix together $\frac{1}{4}$ cup fresh *dalandan* juice, $1\frac{1}{2}$ cups iced tea, and $\frac{3}{4}$ cup ice cubes in a shaker. Pour into glass. Garnish with a *dalandan* slice and a pandan leaf. Serves 1. Recipe by M Café.



OXO chopper, P1,500, Rustan's Department Store

CHOPPER

Prep work can be time-consuming. Good thing there are gadgets like this nifty little chopper to help us out.

Do the salsa Place tomatoes, onions, cilantro, garlic, lime juice, and jalapeño peppers in the chopper. Pulse several times until coarsely chopped. Serve with chips.

Go nuts Chopping up nuts for baked goodies? Use the chopper. This one comes with measurements printed on the cup, so you can easily check how much you've chopped.

Cry no more Let's face it: No one really likes chopping onions. But this chopper makes sure there's no need to shed tears. Chop away!

THE TRY-IT-TASTE-IT ROW



New pizza player Domino's Potato Pizza is a hefty pie topped with potato wedges. Like the sound of that? It's one of nine flavors to try at Domino's, the famous U.S. pizza chain making a Philippine comeback. Want it at home? Domino's guarantees 30-minute delivery! With branches in Pasong Tamo, Makati City, and in Silver City, Julia Vargas Avenue, Pasig City.

For entrepreneurs Looking for a food business guide? Vicky Veloso-Barrera's *Food Business Ideas and Edible Gifts* could be for you. Veloso-Barrera knows food and business. She runs Tiny Kitchen, a cooking school for kids and teens. Available at National Book Store. For class schedules, call 410-2279 or see www.tinykitchen.com.ph.



The Wilton way Spend summer baking! Wilton's classes in Decorating Basics, Flowers & Cake

Design, and Gum Paste & Fondant, include hands-on activities, more practice time with instructors, and new techniques—so turning pro should be a breeze. For class schedules, see www.gourdos.com or call 818-3022.

Elaine's FOOD ADDITION



Hot Fudge Sauce in Jars

Drizzle over ice cream. Pour over cake. Dip fresh berries. Enjoy!



Place 2 cups semisweet chocolate chips, $\frac{1}{4}$ cup butter, and 1 cup Angel Kremdensada in a double boiler over medium heat. Whisk until melted. Add 2 tablespoons light corn syrup. Continue whisking until nearly boiling. Turn heat down to low. Simmer for about 5 minutes. Allow to cool for about 10 minutes before placing in microwaveable, sterilized jars. Place in the refrigerator. When ready to use, remove lid and zap in the microwave for about 30 seconds. Use as desired. *Makes about 2½ cups.*



BOOKSHELF

What we're reading this month

It's been said that we eat with our eyes first—the way food looks is sometimes just as important as how it tastes. Naturally, when it comes to cookbooks, visually striking and well-designed titles rank high on our list of favorites.

One of the books we've been poring over and raving about lately is *The Geometry of Pasta* by Caz Hildebrand and Jacob Kenedy (P999, Fully Booked). Its graphic black and white cover is definitely eye-catching, but the content is just as amazing. No ordinary cookbook, *The Geometry of Pasta* puts together food, history, and design in an impressive tome that is as much fun to read as it is to look at. It contains over 100 pasta recipes, paired with stunning black and white illustrations that play on the many different shapes of the pantry staple. Each shape also gets a neat writeup on how it came to be, as well as the sauces it's best served with.

Another book that gets our thumbs up in the design department is Lucinda Scala Quinn's *Mad Hungry: Feeding Men and Boys* (P1,258, Fully Booked). The author holds the title of Executive Food Editor at Martha Stewart Living Omnimedia, so the cookbook's gorgeous styling and photography is practically a given. Combine the beautiful photos with easy and practical recipes plus tons of cooking tips and tricks, and you've got a winner. We like the friendly and funny way the book is written, too—on vegetables and kids who hate them, Scala Quinn says, "If you build it, they will come. If you make it good, they will eat it. Vegetable eaters are made, not born." We adore this book!



LEFTOVER LOVE: Fish Cakes with Creamy Horseradish Sauce



Have a fish burger Spread horseradish sauce on the bottom half of a toasted burger bun, top with lettuce leaves, a fish cake, tomato

slices, and onion rings. Add ketchup or mustard. Sandwich with the top bun.

Get saucy Rework yesterday's dinner into today's stir-fry lunch in just four steps: Sauté sliced onions in oil until translucent. Pour bottled sweet and sour sauce and let simmer. Add sliced bell peppers and leftover fish cakes (cut into pieces). Simmer until heated through.

Thai it up! Ditch the horseradish sauce and serve reheated leftover fish cakes with this dipping sauce: Combine water, vinegar, and sugar in a saucepan. Heat, stirring, until sugar is dissolved. Bring to a simmer. Add chopped cucumber, chopped chili, fish sauce, and finely chopped roasted peanuts.

MAKE IT: Homemade Vanilla Extract

THE IDEA Vanilla beans have recently become more widely available at local baking supply shops, so we thought, why not make our own vanilla extract?

HOW TO WHIP IT UP We here at *Yummy* are big fans of making things from scratch. The good news is that homemade vanilla extract takes all of five minutes to prepare. The bad news? It takes weeks before it's ready to use. Still, we think the extra time and effort is worth it—and anyway, you don't have to do anything but wait. To make, split three vanilla beans using a paring knife and place them in a clean jar filled with 1 cup vodka. Replace lid and store jar in a cool, dry place. Wait two months before using. You can add more vodka to the jar as needed, or you can remove the beans, dry them thoroughly, and place them in a container of sugar for vanilla-scented sugar.



Good stuff

Almond and Peanut Granola Bars

No high-fructose corn syrup or artificial additives here—just all-natural, healthy, high-fiber goodness.

GRAB 3 cups rolled oats, divided • 1½ cups peanuts • ¾ cup almonds, chopped roughly • 2 cups dried fruits (we used a mixture of cherries, chopped apricots, cranberries, and golden raisins) • ½ teaspoon salt • ⅓ cup honey • 1 tablespoon molasses (optional) • 2 tablespoons butter



MAKE Place ¾ cup rolled oats in a food processor and pulse until finely ground. Transfer to a large bowl and mix with remaining oats, nuts, dried fruits, and salt; set aside. Combine honey, molasses, and butter in a small saucepan and heat until butter foams. Add the wet ingredients to the dry ingredients and mix well. Pour the mixture into a generously buttered and lined 9x13-inch glass baking dish, spreading it evenly. Press down onto the surface of the granola mixture, making sure the mixture is compact. Bake in a preheated 350°F oven for 15 to 20 minutes or until the edges are golden brown. Cool completely on a wire rack, then chill for 30 minutes before cutting into bars with a serrated knife. Wrap bars in foil and freeze until ready to consume.

We asked: WHAT IS YOUR FAVORITE WAY TO SPICE UP PLAIN OL' VANILLA ICE CREAM?

I take my favorite chocolate bar, break it into chunky bits, and add it to my ice cream.—*Inna Cabral-Viloria*

Get a cup of hot black coffee, either brewed or instant, then place as many scoops of vanilla ice cream as you want into the coffee. Yummy!—*Maria Christine Lim*

For guilt-free pleasure, I add apples and cinnamon. But when I don't mind the extra calories, I add soft chocolate chip cookies and a drizzle of chocolate syrup!—*Andi Pantoja*

Put it over of crepes and garnish with shaved chocolate. You can also torch the ice cream and top with mint jelly.—*Gay Carrillo*

Reduced balsamic vinegar, fresh strawberry slices, and a touch of liquor for that added kick.—*Vanette Colmenares*

Put it on top of a classic molten chocolate cake drizzled with chocolate ganache. Hot and cold goodness!—*Glenn Daniel Dalisay*

Spread it on hot *monay* or *tinapay*. *Sarap, diba?*—*Janice Ramirez*

Sprinkle big chunks of Chocnut on top!—*Monette Cruz Barreiro*

Next question

Viva la veggies! What are your favorite vegetarian dishes?

Post your answers on www.facebook.com/yummymagazine, and check out next month's issue for your yummy ideas.

shopping list

YUMMY BUYS!



Give this washable *retaso* sleeve to the barista the next time you order your favorite brew. It helps keep cardboard sleeves out of the landfill, and provides jobs to less-fortunate women in Bulacan.

Coffee sleeve (P100), Gifts & Graces



Health buffs with a sweet tooth, rejoice! This is a great way to cool off—and watch your weight—this summer! Think yogurt in gelato form. Yum. **Yoh-gee Premium Frozen Yogurt (P50 to P70 for a 100ml cup)**



Ice cream aficionados can take their taste buds for a wild and satisfying ride by indulging in tubs of Sea Salt Caramel, Earl Grey Tea, Strawberry Basil, Aztec Chocolate, and Coffee Kahlua flavors. **Scoop (P60) and pint (P230), Merry Moo Artisan Ice Cream**



Unlike other commercially available yogurt, this one is full of fruity flavor. Try the pineapple and nata de coco flavors for a welcome surprise.

Flavored yogurts (P19 per 90ml cup), Hacienda Macalauan



Pick up a bottle or two (or more!) of these handy pantry items to make the speediest of dinners. **Special Bangus in Corn Oil (P90) and Hot & Spicy Sardinas in Corn Oil (P80), CitiMarket**



Drink your way to improved digestion and a detoxified, fit body. Two ounces of aloe vera a day is known to do all these and more. Bottoms up! **Paldo Aloe Pomegranate (P65), CitiMarket**



Everybody's favorite ham gets a healthy makeover! Its subtly sweet taste can now be found in cream dory fillets. Serve with bread, crackers, or rice. **Fish ham (P360 for a pack of three), ManilaQ**

Fancy meals call for equally fancy dinnerware. Thanks to Mia Casal's handcrafted clay bowls, plates, and pots, guests will rave about more than your good food. **Salad plate (P700) and salad dressing bowl (P400), Mia Casal**



SHOPPERSPOTLIGHT



Timmie Hilado and Gwen Cariño

The dynamic duo behind Best Food Forward gathers the country's most promising food merchants—and excited foodies—all under one roof.

How did BFF come about?

TIMMIE HILADO: I realized that as an entrepreneur, it's very hard to expand [your business] if you're not under a franchise

umbrella. Gwen and I talked about it—that it would be nice for the entrepreneurs with really good products to be recognized; for people to get to enjoy their food under one tent. So the event is about promoting entrepreneurship, enjoying good food, and having the family all together.

GWEN CARIÑO: In a nutshell, Best Food Forward is a benefit food fair. The goal is to put all the industry bests together. There are going to be different sections: international cuisine, Asian finds, Philippines' best, and foodie finds. There'll be activities and cooking demos—we're putting everything together *para masayang-masaya siya talaga*.

Favorite places to shop for food?

TH: I love native stuff so I like going to the Philippine delicacy area of Greenhills, where I can find *putong ube*, or Tienesitas where I can find flavored *suman* and other *kakanin*. When I cook, I don't use a cookbook. I like experimenting. I usually cook pasta and I usually shop for ingredients in Rustan's Supermarket. I like going to weekend markets too. I joined Mercato Centrale for my business, Bibingkabon.

GC: Santis. For groceries, I go to Shopwise—*kumpleto siya* and it's very near where I live. Prices there are also good. I usually cook Spanish dishes because of my family's background. I also love shopping for food at bazaars and weekend markets.

Shopping ritual?

TH: I try to use an eco bag as much as possible. Also, like in Power Plant Mall's Baker's Fair, I try them all first, list down my favorites, then that's when I buy.

GC: I always go from one end to the other, that's why I can't do my groceries in an hour. *Talagang ine-enjoy ko siya*. I have no list. It's what I feel I need.

Favorite supermarket section?

TH: The drinks section. I like to buy a cold beverage and drink it while I'm grocery shopping, like a simple bottled iced tea.

GC: Cheese. I love cheese and dairy products. I like the vegetable section too.

Being a sweet tooth, what's your favorite sweet snack?

TH: My Tita Ginger [Teehankee] makes this really good flourless chocolate cake. She's home-based. She has the best chocolate cake! Once you microwave and eat it, you'll forget everything. It's chewy and has the right amount of sweetness. And the texture is very good.

GC: Panna cotta at Discovery Suites and the cakes from the Raintree Restaurant Group. I also like Pinoy desserts like *buko pandan* and *leche flan*. The *halo-halo* of Razon's is also good.

Shopping advice?

TH: At weekend markets, always canvass and always haggle. For grocery shopping, make sure you have a list so you won't miss anything and won't have to go back.

GC: It's always good to know what you need before going to the grocery. It saves you a lot of money.

Best Food Forward will be held at the NBC Tent in Bonifacio Global City, Taguig City, on April 2 and 3, 2011.

Stop by: CitiMarket

Hidden in this neighborhood shop is a treasure trove of gastronomic treats from all over the world, including a variety of ice cream bars from Korea, regional varieties of *longganisa*, a wide range of bottled Asian condiments, ready-to-cook dimsum, US white peaches, Spanish pork belly, and frozen rack of lamb from New Zealand. CitiMarket's shelves and freezers also contain bagfuls of dried mushrooms, dried herbs and spices in plastic canisters, and Wagyu Saikoro steaks, making this grocery-slash-café a worthwhile pit stop for foodies in search of hard-to-find ingredients. Here's one indication of how good its range of products is: Professional chefs drop by to stock up on their goods!



CitiMarket is located inside the West Greenhills residential village in San Juan!



Stick with you

Everything is more fun to eat when it's on a stick—especially frozen delights like these.

Korean invasion

This Korean honeydew melon-flavored creamsicle is the perfect way to escape the punishing summer heat! *Binggrae Melona*, P247 for a box of 10, *SM Supermarket*

King corn

Who doesn't love the subtle crunch of *pinipig* and the sweet taste of corn? Think of it as the beloved *mais con yelo* in a more convenient package. *Magnolia Sweet Corn Pinipig*, P13, *Robinsons Supermarket*

Super fly!

These adorable butterfly-shaped pops will be a hit at your little girl's summer swimming party. The watermelon flavor is super refreshing! *Nestlé Butterfly Twin Pops*, P18, *Robinsons Supermarket*

Fruits of success

Fruity, creamy, and healthy to boot! Choose from strawberry, mango, and wildberry flavors that taste just like the real thing. *Bulla Fruit 'n' Yogurt*, P400 for a box of eight, *SM Hypermart*

Cup of joe

Beat the midday slump and chill out at the same time by indulging in this coffee-flavored concoction. *Selecta Coffee Crumble Ice Cream Stick*, P10, *Robinsons Supermarket*

Fresh for LENT

Indulge in Lenten specialties with a variety of quality seafood from Cold Storage

Abstinence from meat may be a must this Lent, but freshness still counts especially when it comes to seafood. You need not sacrifice freshness and good taste by choosing substandard seafood products. **Cold Storage** seafood offers frozen fresh goodness like the *Black Cod Gindara* and *Black Tiger Prawns* that will complement your preferred dishes during this season.

Black Cod Gindara is actually sablefish. It is called gindara when prepared for sushi. Its divine flavor and creamy, flaky texture is a wonderful alternative to Chilean Sea Bass. And who can resist a bowlful of chili shrimp or even just fried *sugpo*? The Black Tiger Prawns are widely available all-year round, but the freshness of each batch is another story. That's why **Cold Storage** boasts of its packing technology to help retain the firm texture of the seafood. Any way you want to cook your seafood, you can be assured of its freshness if it's from **Cold Storage**!



Packed Fresh For Any Season

Black Cod Gindara and Black Tiger Prawns are just among the many seafood delights that **Cold Storage Seafood** is known for. And during this Lenten season, your favorite seafood fare makes for a delectable feast! For quality freshness that makes for the best home cooked dishes, don't settle for anything less than **Cold Storage Seafood**.

Everyday Recipes

CORNFLAKE COOKIES

Turn a breakfast staple into take-along cookies. These nibbles are recess-perfect—whether for kids or grownups!

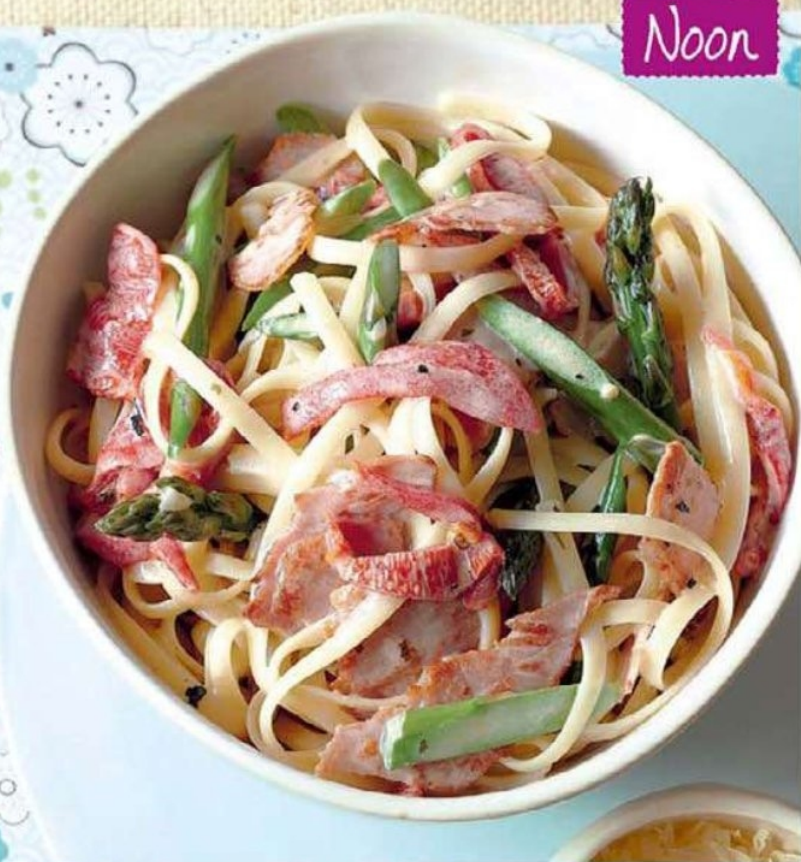
Makes about 18 cookies **Prep Time** 20 minutes **Baking Time** 20 minutes

- ☐ 125 grams butter, cubed, at room temperature
- ☐ ½ cup sugar
- ☐ 1 egg
- ☐ ½ teaspoon vanilla extract
- ☐ 1 cup self-raising flour, sifted
- ☐ 2 cups cornflakes, divided
- ☐ ½ cup raisins
- ☐ ¼ cup milk chocolate chips

- 1** Preheat oven to 350°F. Lightly grease and line two large cookie sheets.
- 2** In a bowl, cream butter and sugar together until light and fluffy. Beat in egg and vanilla.
- 3** Fold in flour, 1 cup cornflakes, raisins, and chocolate chips.
- 4** Roll tablespoonfuls of the mixture into balls and into remaining lightly crushed cornflakes. Arrange on trays about 1½ inches apart.
- 5** Bake for 15 to 20 minutes until golden. Transfer to a wire rack to cool completely. Store cookies in an airtight container for up to 5 days.

Morning

Noon



HAM, ASPARAGUS, AND RED BELL PEPPER LINGUINE

Looking for a quick-prep, quick-cook lunch? Here's your best bet. Using pantry staples, this pasta dish is fuss-free and satisfying.

Serves 4 Prep Time 15 minutes Cooking Time 10 minutes

- ☐ 1 clove garlic, crushed
- ☐ 1 bunch asparagus, cut diagonally into 1½-inch pieces
- ☐ 200 grams sliced ham, torn into small pieces
- ☐ 150 grams roasted red bell pepper, cut into thin strips
- ☐ 1½ cups heavy cream
- ☐ 375 grams linguine
- ☐ grated Parmesan cheese, to serve (optional)

1 In a heated and greased frying pan over medium heat, sauté garlic and asparagus for 2 minutes. Add ham and sauté for another minute.
2 Stir in red bell pepper slices and cream; bring to a boil. Reduce heat and let mixture simmer for 1 to 2 minutes.
3 Meanwhile, cook linguine in a large pan of boiling water until al dente, then drain and return to the same pan. Add ham sauce and stir over low heat until sauce coats noodles. Serve with freshly grated Parmesan, if desired.

Night



CHICKEN, HAM, AND PINEAPPLE KEBABS

Got little kids underfoot? This recipe's main components couldn't be more kid-friendly. The skewers can be prepared several hours ahead. Keep them covered in the refrigerator and cook when ready.

Makes 12 kebabs Prep Time 20 minutes Cooking Time 20 minutes

- ☐ 750 grams chicken breast fillets, sliced into ¾-inch cubes
- ☐ ½ large pineapple, sliced into ¾-inch cubes
- ☐ 250 grams sliced leg ham, cut into ¾-inch squares
- ☐ ½ cup tomato sauce
- ☐ 1 tablespoon light soy sauce
- ☐ 1 tablespoon brown sugar
- ☐ 1 tablespoon water
- ☐ rice or salad, to serve

1 Thread chicken cubes, pineapple chunks, and ham slices through bamboo skewers.
2 In a small bowl, combine tomato sauce, soy sauce, brown sugar, and water.
3 Cook the skewers on a preheated grill until chicken is cooked through, turning occasionally. Pour half of the sauce mixture over the skewers, then turn them over to heat and glaze well on all sides.
4 Serve chicken and ham skewers with remaining sauce and with rice or salad of your choice.

Hey, Home Baker!

BY AILEEN ANASTACIO

Summertime, and the living is easy. This month's dessert can be served during your town fiesta or simply enjoyed at home on a hot, lazy summer day. I first had Mango Torte as a gift on my birthday many, many moons ago. I fell in love with it at first bite! I thought the dessert was very interesting because it had a lot of textures and flavors that came into play in one single bite. The meringue crust is crunchy and nutty, the whipped cream velvety smooth and silky, and the mangoes? Sweet and juicy!

Making this dessert at home is not an impossible task. In fact, it should be a breeze! The most difficult part would probably be whipping the egg whites. Why is this such a joy to make? First, you only need a few ingredients—six, to be exact. It's cost-effective and substitutions can easily be made. The mangoes are reasonably priced during this season and they're at their sweetest too. Second, you can start making the nutty meringue base early on. It can even be baked a week ahead (just store it in an airtight container at room temperature). The dessert itself can be assembled days in advance then stored in the freezer in an airtight container. Lastly, it's really yummy! Whipped cream and mangoes combined with a nutty and crunchy base...need I say more?

Right before serving, if you wish, you may drizzle some chocolate sauce over the slice, making it a rich, gooey treat. To keep the heat at bay, pair it with home-brewed iced tea or an iced latte. Enjoy!



Mango Torte



ABOUT THE COLUMNIST Aileen Anastacio is best known as the chef and president of bakeshop-café Goodies N' Sweets. She is also the author of *Home Café*, a book on desserts and coffee. For more of Aileen's recipes and to read about her culinary adventures, visit gourmetgoodies.blogspot.com. To download Aileen's recipes on your mobile phone, text CHEF to 2346 or go to <http://chefaileen.com> on your mobile browser. Corresponding charges per MMS download will be applied.

MANGO TORTE

Makes 2 (8-inch) tortes **Prep Time** 10 minutes **Baking Time** 1½ to 2 hours

For the meringue

- ☐ ⅓ cup egg whites, from about 2 large eggs
- ☐ ¾ cup sugar
- ☐ ¼ cup chopped walnuts
- ☐ 2 tablespoons all-purpose flour

For the topping

- ☐ 2 cups whipping cream
- ☐ ⅓ cup confectioners' sugar
- ☐ buttercream for spreading (optional)
- ☐ 4 pieces ripe mangoes, balled

1 Preheat oven to 200°F. Line two baking sheets with greased parchment paper.

2 Make the meringue: Beat egg whites until soft peaks form. Gradually add sugar a tablespoon at a time. Beat until stiff.

3 Reduce speed to low. Gradually add walnuts. Mix until well combined. Mix in flour.

4 Divide the meringue in half. Place an 8-inch ring mold on the greased parchment. Scoop half the meringue and spread evenly using an offset spatula. Remove the ring mold and do the same with the other half of the meringue on the other cookie sheet.

5 Bake in the oven for 1½ to 2 hours or until crisp. Allow to cool and store in an airtight container.

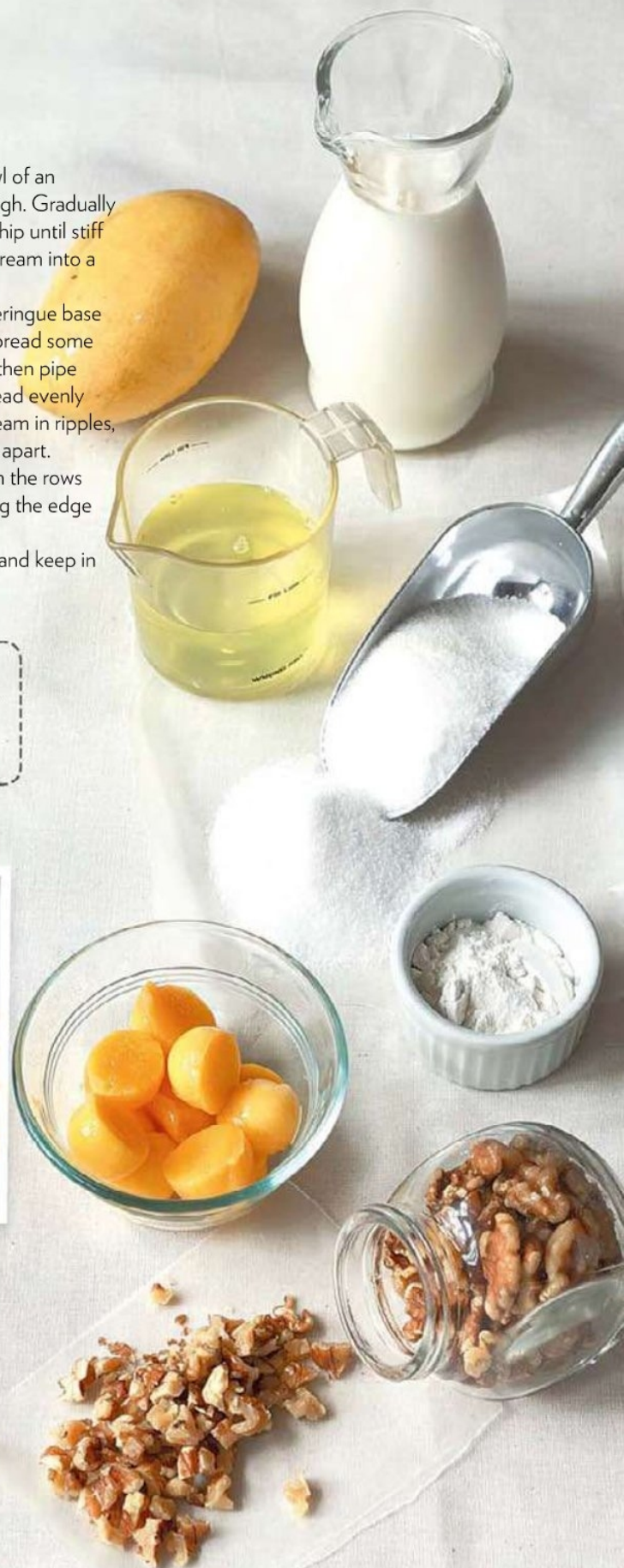
6 Make the topping: In the bowl of an electric mixer, whip cream on high. Gradually add confectioners' sugar and whip until stiff peaks form. Transfer whipped cream into a piping bag with a star tip.

7 Assemble the torte: Place meringue base on a cake board or cake tray. Spread some buttercream on top, if desired, then pipe about ¼ cup of cream and spread evenly over the meringue. Pipe the cream in ripples, spacing the rows about ½-inch apart.

8 Place mango balls in between the rows of cream, then pipe cream along the edge of the torte.

9 Place in an airtight container and keep in the freezer until ready to serve.

Nut swap No walnuts for the meringue base? You can use cashews or peanuts instead!





For appetizers, I always enjoy the fresh flavors of raw vegetables. And when I'm hungry for a nice, refreshing soup, I prepare gazpacho. This cold vegetable soup is a go-to dish for me come summertime, helping take my mind off the blazing hot weather.

I'm sharing with you my recipe for shrimp and vegetable gazpacho shooters. It's such a hit with my friends! When they host cocktail parties at home, they say it goes very well with beer and other drinks. And don't you think they look so chic? Serving the gazpacho as shooters makes it visually more appealing. Keep this styling trick in mind for the next time you entertain!

They may look fancy, but don't worry, they are easy to prepare and take little time to make. The bonus? It can be made hours in advance. To help keep your shooters chilled, make sure to refrigerate or freeze the glasses beforehand. Cheers!

ABOUT THE COLUMNIST

A graduate of the Peregrine School of Cordon Bleu London, Jun Jun de Guzman is a popular chef instructor as well as programs director at the Center for Asian Culinary Studies in San Juan. (His students and friends fondly call him "Chefie".) He is also a member of the Council of Chefs of the USDA-FAS. Whenever he can, he heads abroad for further studies. Most recently, he was at the UFM Baking School in Bangkok where he took the US Wheat course on Frozen Dough Technology and classes at the Macaron Pastry Training Center with Chef Eric Perez. Visit his blog at www.chefjunjun.com to read about his life as a chef and get more of his recipes.

SHRIMP GAZPACHO SHOOTERS

Serves 6 to 8 **Prep Time** 30 minutes **Cooking Time** 5 to 7 minutes

- ☐ 200 grams baby shrimp, lightly blanched and shelled
- ☐ 1 mango, peeled and diced finely
- ☐ ½ cucumber, peeled, seeded, and diced finely
- ☐ ½ *singkamas*, peeled, washed, and diced finely
- ☐ ½ red bell pepper, seeded and diced finely
- ☐ ½ red onion, chopped finely
- ☐ ½ teaspoon finely chopped garlic
- ☐ 2 teaspoons finely chopped cilantro
- ☐ salt and freshly ground black pepper
- ☐ ½ cup fresh orange juice
- ☐ 2 tablespoons fresh lime juice
- ☐ few pieces radish sprouts, washed

1 Combine shrimps, mango, cucumber, *singkamas*, red bell pepper, onion, garlic, and cilantro. Season with salt and pepper. Let rest for 10 minutes.

2 In another bowl, mix orange and lime juices. Pour into vegetable-shrimp mixture. Chill before serving in shot glasses. Garnish with radish. Serve cold.



Noodleliciously Healthy



Shrimp and Sapporo Pancit Bihon Salad

Ingredients:

- 250 grams Sapporo Pancit Bihon
- 1 head iceberg lettuce (shredded)
- 2 pcs. carrots (shredded)
- 3 cloves garlic (thinly sliced)
- 2 pcs. white onions (thinly sliced)
- 1 kilo shrimp (peeled and cooked)
- 1/2 cup cilantro (chopped)
- 1/4 cup basil (chopped)

- 1/4 cup mint (chopped)
- Peanuts or cashews (chopped)

For the dressing:

- 1/3 cup fish sauce
- 1/3 cup fresh lime juice
- 1/3 cup sugar
- 3 tbsps. water

Procedure:

Cook Sapporo Pancit Bihon for 2 minutes, drain immediately and cut them into shorter pieces. Whisk the dressing ingredients together until blended. Toss Sapporo Pancit Bihon, lettuce, carrots, garlic, and onions together in a large serving bowl. Put the shrimp in the center and scatter the herbs around them. Sprinkle the chopped nuts over the salad. (Note: Leftover dressing is good with pork, chicken, or green salad.)





There is something distinctly summery about a seafood dish. Even if, like me, you live nowhere near the sea, we still have access to markets where we can have our fill of fresh seafood. In a pinch, I'll admit, I've used frozen fish fillets—so I certainly won't chastise you if you do too. But it is imperative that your clams are fresh...and if you're at the market to buy clams, you might as well buy everything fresh! The flavor from the seafood is what gives this sauce its personality, so make sure to get the best you can.

To make the sauce, I follow my uncle's method of making paella. He sautés all the seafood first in a *paellera* (paella pan)—an intense seafood flavor base develops in the pan, which then infuses the rice. I do the same for this pasta sauce. I know it may seem fiddly to season and cook each kind of seafood separately (except for the clams), but believe me it will be worth it! Aside from fantastic flavor, this also ensures that each component is cooked perfectly.

My husband and I both love seafood, so this pasta dish is very close to our hearts. It's good anytime of the year but especially nice during a sunny summer day.

ABOUT THE COLUMNIST

Joey started cooking in earnest out of absolute necessity—a continent away from home with no one to feed her. She then promptly and totally flung herself into a one-woman love affair with food—procuring it, preparing it, and ultimately, consuming it. She carries no credentials except for her passion and is firm in her belief that anyone can learn to cook. She recounts her own gastronomic exploits in her blog, 80breakfasts.blogspot.com.

SEAFOOD PASTA

Serves 4 Prep Time 20 minutes Cooking Time 40 minutes

- olive oil
- 6 cloves garlic, chopped finely
- 1 white onion, chopped
- 1 teaspoon Italian seasoning
- ½ teaspoon paprika
- 300 grams shrimp or medium prawns, peeled with tails left on, heads removed and set aside
- sea salt and freshly ground black pepper
- ¼ kilo squid, cleaned thoroughly, ink sacs removed, and cut into rings
- 300 grams fish fillet, cut into bite-size pieces
- 1 (800-gram) can chopped tomatoes
- 300 to 400 grams linguine
- ½ kilo clams, soaked in a bowl of salt water to get rid of sand, shells scrubbed
- 1 bunch basil, leaves picked, plus more for garnish

1 Heat a few generous glugs of olive oil in a skillet or pot that can hold all your ingredients. When oil is hot, add garlic and onion, and sauté until the onion is soft and translucent. Add Italian seasoning and paprika; stir. Cook until fragrant.

2 Remove onions and garlic from the pan; set aside. Add a little more oil if the pan looks dry. Season shrimp with salt and pepper. When oil is hot, add shrimp to the pan, along with the heads. Cook for a couple of minutes, turning once, and remove from the pan once shrimp turns orange. Discard heads or freeze them for making stock.

3 Season squid with salt and pepper. Add to the pan and cook until the pieces turn opaque and their ends curl, about a minute or less. Remove from the pan and set aside.

4 Season fish with salt and pepper. Add a little more oil to the pan if needed so fish does not stick. Fry fish until golden on both sides. Remove from the pan and set aside.

5 Return the onion-garlic mixture to the pan and let this sizzle again. Add tomatoes, black pepper, and a swirl of olive oil and stir, making sure to scrape up all the seafood bits left in the pan. Simmer, stirring occasionally, until some of the liquid has evaporated and the sauce is thick and pulpy, around 15 to 20 minutes.

6 While the tomato sauce is simmering, cook linguine according to package instructions. Reserve some pasta water before draining and setting aside.

7 Place the clams in the tomato sauce and cover with a tight fitting lid. Let this cook for about 5 minutes, shaking the pan once or twice. Uncover and check if clams have opened. Discard any clams that haven't.

8 Taste tomato sauce and adjust seasoning, adding salt and pepper to taste. Add the rest of the seafood and toss gently, coating the seafood in the sauce and warming them up. If the sauce looks too dry, add some of the pasta water and swirl the pan to incorporate. Add basil, setting aside some for garnish. Toss again and take the pan off the heat.

9 You can mix your pasta noodles with the sauce in the pan or choose to serve it separately. Garnish with extra basil leaves.



Heads in! Although I don't serve the shrimp with the heads intact (as one would in a paella), I still cook it along with the shrimp as the heads carry a lot of flavor. I save the cooked heads in a resealable plastic bag in the freezer to make stock.



THAIFEX – World of food ASIA 2011

Time will prove that THAIFEX – World of food ASIA 2011 is one of those must-attend trade shows. This one – stop food exhibition will feature the latest food processing and producing technologies, food safety standards, related businesses and services, which will include HALAL food sections as well as ORGANIC food.

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Our cookbook collection at home has grown tremendously ever since my sisters and I began to share my mom's passion for cooking and eating. With four of us buying all sorts of food books, our shelves are loaded.

For me, the measure of a good cookbook is, of course, the recipes. Flipping through even just a few pages should immediately make me want to buy a copy. Second, the food photography. Being a food stylist, I appreciate cookbooks that present food in a way that whets readers' appetites.

This recipe I'm sharing is inspired by one of my favorite books, *A Good Day for Salad*. The authors are not famous. No one recommended the book to me. In fact, I just found it by accident in the bargain bin! I was intrigued by all the salad recipes it contained, including this one, which blends in the tomatoes with olive oil to make the dressing. I have tweaked and prepared this delicious salad so many times for many people—always with great success. Who would have thought that a sale find would turn into something I treasure so much?

ABOUT THE COLUMNIST

Sharlene Tan, creator of Goodles pasta bar, loves everything about food—from cooking and dining out, to teaching friends how to cook and styling food for the camera. When her schedule permits, she takes time to travel, often to Hong Kong, which she considers her second home. A few days off to visit her favorite shops and food stops always brings her to a new level of inspiration. Drop her a line at sharlene@ilovegoodles.com.

GREEN BEAN AND MUSHROOM SALAD

Serves 4 to 5 **Prep Time** 20 minutes **Cooking Time** 5 minutes

- ☐ **500 grams green beans, cut into 2-inch pieces**
- ☐ **300 grams medium shiitake mushrooms**
- ☐ **olive oil, salt, and pepper**
- ☐ **2 cups cherry tomatoes, halved or 4 medium tomatoes, cubed**
- ☐ **½ cup chopped fresh flat-leaf parsley**

For the tomato-dill vinaigrette

- ☐ **5 cherry tomatoes, halved, or 1 medium tomato, cubed**
- ☐ **1 clove garlic**
- ☐ **1 tablespoon calamansi juice**
- ☐ **1 tablespoon red wine vinegar**
- ☐ **⅓ cup extra virgin olive oil**
- ☐ **2 tablespoons Parmesan cheese**
- ☐ **salt and pepper to taste**

- 1** Cook green beans in boiling salted water until tender but still crisp, about 4 minutes. Immerse immediately in ice-cold water. Drain and let cool.
- 2** Remove the stems from the shiitake mushrooms. Slice stems into ¼-inch-thick pieces. Slice the mushroom caps into quarters. Toss mushrooms in a little olive oil, salt, and pepper to flavor them before sautéing.
- 3** Place mushrooms on a hot nonstick pan and cook until soft. Set aside and cool.
- 4** Make the tomato-dill vinaigrette: Place all the ingredients in a blender. Process until smooth. Taste and adjust seasoning as needed.
- 5** Put together green beans, mushrooms, tomatoes, and parsley in a large bowl. Pour in dressing and mix well. Serve cold.

tip When making salads, make sure all the ingredients are at the right temperature before tossing together. Chill all ingredients and the dressing separately before combining.





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Tips for entertaining at home:

Plan

- Plan your party menu well and organize your grocery list so even your shopping trips are stress-free.
- Use large quantity recipes so you know just the right amount of ingredients to purchase.

Delight

- Going casual and colorful adds summer flair to your get-together.
- Add fresh cut flowers or bowls of seasonal fruit as centerpieces to brighten up any occasion.



Prepare

- Prep by organizing and pre-preparing ingredients for a better cooking experience.
- Defrost meats ahead of time. Cut, marinate and pre-cook them too.
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Weekday COOKING

Cooking with fruits

Give ho-hum meals a fancy twist by adding sweet, luscious fruits to savory dishes. The play on flavors will surely delight your palate!





tip The addition of guava, in a relish or dressing, makes an everyday meal a touch more interesting. Turn to “Fresh ideas” for a creamy salad dressing recipe.

MONDAY

GRILLED CHICKEN WITH GUAVA RELISH

Smoky grilled meat and guava give this dish a Caribbean feel. Marinate the chicken and prepare the relish ahead of time, then barbecue when you're ready or pack 'em up the next time you hit the beach.

Serves 4 Prep Time 20 minutes, plus 6 hours marinating time **Cooking Time** 30 to 40 minutes

- ☐ 2 tablespoons ground cumin
- ☐ 1 tablespoon minced garlic
- ☐ 1½ teaspoons salt
- ☐ 1½ teaspoons liquid seasoning
- ☐ ½ teaspoon black pepper

- ☐ ⅓ cup fresh lime juice
- ☐ 3 tablespoons olive oil
- ☐ 4 chicken leg quarters
- ☐ vegetable oil for grilling
- ☐ steamed rice and lime wedges to serve (optional)

For the guava relish

- ☐ 3 cups peeled, seeded, and chopped native guava (about 1½ kilos)
- ☐ ¾ cup sugar
- ☐ ⅔ cup water
- ☐ ⅔ cup fresh orange juice
- ☐ 1 to 2 pieces cinnamon bark

1 In a bowl, mix together the cumin, garlic, salt, liquid seasoning, black pepper, lime juice, and olive oil. Place chicken in a shallow

dish or a resealable bag. Add marinade and let chicken marinate for at least 6 hours or overnight.

2 Make the guava relish: In a medium saucepan, combine all the ingredients. Cook over low heat until guava is soft and the syrup is thick, about 15 minutes. Remove cinnamon bark. Set aside.

3 Brush chicken with vegetable oil. Grill over medium-hot charcoal, about 6 to 8 minutes per side.

4 To serve, arrange chicken on a platter and top with guava relish or serve relish on the side. Serve with steamed rice and lime wedges, if desired.

TUESDAY

CRAB AND PINEAPPLE FRIED RICE

Bits of pineapple give this rice dish a refreshing burst of sweetness that complements the crab wonderfully. So tasty, it's delicious on its own.

Serves 4 Prep Time 30 minutes

Cooking Time 25 minutes

- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons butter
- ☐ ½ cup chopped onions
- ☐ 1½ tablespoons minced garlic

- ☐ ¼ cup diced green bell pepper
- ☐ ¼ cup diced carrot
- ☐ 5 cups cooked jasmine rice, cooled
- ☐ 2 eggs
- ☐ 2 cups cooked and flaked crab meat
- ☐ ½ cup canned pineapple tidbits, halved further
- ☐ 3 tablespoons chopped green onions
- ☐ 2 tablespoons chopped cilantro (optional)
- ☐ 2 teaspoons soy sauce or to taste
- ☐ 2 teaspoons oyster sauce or to taste
- ☐ sugar and pepper to taste

1 In a wok, heat oil and melt butter. Sauté onions until translucent. Add garlic and sauté until fragrant. Add bell pepper and carrots; sauté until tender.

2 Add rice and mix well; toss using two wooden spoons. Move the rice to the sides of the pan. In the center of the pan, add eggs and scramble until firm. Mix the eggs with the rice.

3 Add crab meat, pineapple chunks, green onions, and cilantro (if using); toss. Season with soy sauce, oyster sauce, sugar, and pepper; mix well. Transfer to a serving dish.





WEDNESDAY

HOT PRAWN SALAD WITH MANGOES AND PINEAPPLE

Featuring crispy prawns and sweet chunks of fruit, this Asian favorite makes for a light yet satisfying lunch. To retain the crunch, fry the prawns just before serving.

Serves 4 Prep Time 20 minutes

Cooking Time 10 minutes

- ☐ ¼ cup mayonnaise
- ☐ 2 tablespoons condensed milk
- ☐ ½ cup mango, cut into ½-inch cubes

- ☐ ½ cup pineapple tidbits, drained
- ☐ salt and white pepper to taste
- ☐ 1 egg
- ☐ ¾ cup cornstarch
- ☐ ¾ teaspoon salt
- ☐ 10 medium prawns, shelled, deveined with tails left on
- ☐ oil for deep-frying
- ☐ 6 small romaine lettuce leaves (optional)

1 In a medium bowl, mix together mayonnaise and condensed milk. Toss in mango cubes and pineapple tidbits. Season to taste with salt and white pepper. Chill and set aside.

2 In a small bowl, combine egg, cornstarch, and salt. Whisk until batter becomes smooth. Dip prawns in the batter, one at a time, and deep-fry in preheated oil. Fry a few pieces at a time. Cook prawns just until they turn pink and batter is light golden brown. Drain on paper towels.

3 To serve, arrange lettuce on a platter. Add the fruit-mayonnaise mixture and top with the fried prawns. Alternatively, you may toss the prawns in the mayonnaise mixture then transfer to the platter. Serve immediately.

THURSDAY

MUSTARD-GLAZED PORK LOIN WITH APPLE COMPOTE

Nothing beats the classic combination of pork, apples, and mustard. Enjoy this mouthwatering dish with green beans and sweet potato mash for a comforting weeknight dinner.

Serves 4 Prep Time 30 minutes

Cooking Time 30 to 40 minutes

- ☐ **4 (¾-inch-thick) pieces bone-in pork loin**
- ☐ **salt, pepper, and liquid seasoning to taste**
- ☐ **3 tablespoons olive oil for frying**
- ☐ **blanched green beans to serve (optional)**

For the mustard glaze

- ☐ **6 tablespoons Dijon mustard**
- ☐ **1½ tablespoons brown sugar**
- ☐ **1 tablespoon minced dried rosemary**
- ☐ **1 tablespoon minced garlic**

For the apple compote

- ☐ **1½ tablespoons butter**
- ☐ **3 Granny Smith apples, peeled, cored and sliced into 16 wedges per apple**
- ☐ **⅓ cup brown sugar**
- ☐ **3 tablespoons rum or brandy (optional)**
- ☐ **1 tablespoon lemon juice**
- ☐ **¾ teaspoon ground cinnamon**

1 Season both sides of pork pieces with salt, pepper, and liquid seasoning.

2 In a small bowl, mix together all the ingredients for mustard glaze. Brush both sides of each pork loin with the glaze.

3 Heat oil in a frying pan. Sear both sides of the pork loin. Transfer to a roasting pan or baking dish. Continue cooking in the oven (preheated at 350°F) or in the turbo broiler at 160°C. Bake for 15 to 20 minutes or until juices run clear when pierced.

4 Make the apple compote: In a saucepan, melt butter. Add apples and sauté for 30 seconds. Add the rest of the ingredients and continue cooking over low heat until apples are tender.

5 To serve, place pork loin in individual dishes. Top with apple compote. Serve with green beans, if desired.



FRIDAY

FISH FILLET WITH CREAM CHEESE WHITE SAUCE AND GRAPES

Try this dish and your taste buds will agree that delicate fish, a light, tangy white sauce, and juicy grapes are a match made in heaven.

Serves 4 **Prep Time** 15 minutes

Cooking Time 20 minutes

For the cream cheese white sauce

- ☐ ¼ cup butter
- ☐ ⅓ cup chopped white onions
- ☐ 1 tablespoon minced garlic
- ☐ 2 tablespoons flour
- ☐ ½ cup dry white wine
- ☐ ¾ to 1 cup chicken, fish, or vegetable stock
- ☐ ⅔ cup heavy cream
- ☐ ⅔ cup cream cheese, softened
- ☐ dried thyme, salt, white pepper, and ground nutmeg to taste

- ☐ 4 (225-gram) pieces white fish fillet (*labahita, maya-maya, lapu-lapu, or cream dory*)
- ☐ salt for seasoning
- ☐ 2 tablespoons olive oil, divided
- ☐ 2 tablespoons butter, divided
- ☐ 16 to 20 pieces seedless red or green grapes, halved
- ☐ salad greens and blanched asparagus, to serve (optional)

1 Make the cream cheese white sauce: In a saucepan, melt butter. Add onions and cook until translucent. Add garlic and sauté until fragrant. Stir in flour and cook for 1 to 2 minutes. Add white wine and cook until reduced in half. Add stock and whisk until sauce is smooth. Add cream and cream cheese. Continue whisking until cheese melts. Season to taste with dried thyme, salt, white pepper, and ground nutmeg. Set aside and keep warm.

2 Season both sides of each fish fillet with salt. Heat half of the oil and butter in a large frying pan. Fry 2 fish fillets at a time, cooking for about 2 minutes on each side. Repeat with the remaining fillets.

4 To serve, arrange fish on individual dishes. Pour white sauce on top and garnish each plate with 8 to 10 grape halves. Serve with salad greens and asparagus, if desired.





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MECHANICS

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* REAL LIVING'S ULTIMATE MAKEOVER CONTEST 2011 is open to readers residing in their current residence (whether owned or leased) for at least two (2) years within METRO MANILA, and the provinces of ANTIPOLLO, CAVITE, LAGUNA, BATANGAS, or BULACAN.

* Send your entry with your full name, birth date, occupation, telephone numbers (current mobile and landline numbers), home address, email address, and your brief answer (50 words or less) to this question: WHY DOES YOUR SPACE DESERVE AN ULTIMATE MAKEOVER? Please provide at least THREE (3) CLEAR PHOTOS (digital file or printout) of the single area/room or different area/rooms that need a makeover. Please also include a solo photo of yourself or with your family.

* **YOU MAY SUBMIT YOUR ENTRIES VIA ANY OF THE FOLLOWING MEANS:**

a. SNAIL MAIL or HAND CARRY to: Real Living Ultimate Makeover Contest c/o Marketing 2, Summit Media, 7/F Cybergate Tower 3, Robinsons Pioneer Complex, Pioneer St., Mandaluyong City.
b. EMAIL: smeap@summitmedia.com.ph and/or reallivingmakeovers@gmail.com with the subject heading "Ultimate Makeover Contest 2011"

* Incomplete entries will be disqualified. This promo runs from March 1, 2011 to May 31, 2011. Entries must be received by May 31, 2011 to qualify.

THERE WILL ONLY BE ONE WINNER OF THE REAL LIVING ULTIMATE MAKEOVER CONTEST TO BE SELECTED BY THE REPRESENTATIVES OF REAL LIVING BASED ON THE FOLLOWING CRITERIA:

(40%)= Home/living space of contestant affects the lifestyle of the homeowner/tenant and needs the most drastic renovation/redecoration for improvement

(30%)= Inspirational value of homeowner's story in entry letter

(20%)= Structural soundness of home/living space

(10%)= Home/living space is owned/leased by contestant and is within the area limitations of the mechanics.

* Pre-judging is scheduled on June 8, 2011, 10:00 AM. The shortlisted entries will be subjected to an ocular visit/final judging by the Real Living Ultimate Makeover judges prior to choosing the winner on June 16, 2011, 10:00 AM.

* For the final judging, same criteria would be used, witnessed by a DTI representative. The Real Living winner will be notified via telephone and email. Winners would need to present a brief written verifiable disclosure that indeed he/she owns/is leasing the house at the time of the make-over. Scheduling of the makeover must be within 60 days from first receipt of notification. Unclaimed prizes outside of the redemption period will be forfeited in favor of Summit Media with prior DTI approval. Selection of the winner will be the exclusive decision of Real Living.

* Provincial makeover winners may have to provide accommodation within their home or within close proximity from the site to which the makeover person(s) and/or team is working on at a given time frame.

* Prizes are not convertible to cash. 20% tax of prizes exceeding P10,000 in value shall be shouldered by Summit Media.

Employees of Summit Media including relatives up to the second degree of consanguinity or affinity are not allowed to join this promo.



Weekend ENTERTAINING

Sweet rewards

Got leftover fruit? Whip up these treats and consider them your sweet reward at the end of a long week.

THE MENU

- Apple Panini
- Pineapple Upside Down Cake
- Red Grapes with Balsamic and Red Wine Reduction

APPLE PANINI

Tart, sweet, crunchy, and soft, these paninis possess a wonderful combination of flavors and textures. Making them will require a little more time than usual, but the results are lip-smacking good and worth the extra effort.

Serves 6 **Prep Time** 25 minutes

Cooking Time 30 minutes (excluding *dulce de leche* preparation)

For the *dulce de leche*

- ☐ 1 (14-ounce) can sweetened condensed milk

For the cooked apple filling

- ☐ 4 green apples, each cut into 8 pieces
- ☐ $\frac{3}{4}$ cup butter
- ☐ $1\frac{3}{4}$ cups sugar
- ☐ 3 vanilla beans, split and scraped
- ☐ $1\frac{1}{2}$ tablespoons ground cinnamon

For the walnut streusel

- ☐ $\frac{1}{2}$ cup walnuts, chopped
- ☐ $\frac{2}{3}$ cup all-purpose flour
- ☐ $\frac{1}{4}$ cup brown sugar
- ☐ $\frac{1}{2}$ tablespoon sugar
- ☐ $\frac{1}{8}$ teaspoon salt
- ☐ $\frac{1}{4}$ teaspoon cinnamon
- ☐ 6 tablespoons butter, softened

- ☐ $\frac{1}{4}$ cup *dulce de leche*
- ☐ 12 slices brioche
- ☐ $\frac{1}{4}$ cup walnut streusel
- ☐ $\frac{1}{2}$ cup butter, softened, for spreading
- ☐ ground cinnamon for sprinkling
- ☐ caramel sauce and vanilla ice cream, to serve

1 Make the *dulce de leche*: Place the unopened can of condensed milk in a small saucepan. Fill the pan with cold water until the can is fully submerged. Place the pot over low heat, bring water to a simmer, and cook for

$3\frac{1}{2}$ hours. Remove from heat and allow the can to cool at room temperature before opening it.

2 Cook the apple filling: Sauté apples with butter, sugar, and vanilla beans. Cook for a few minutes until soft, then add ground cinnamon. Remove vanilla beans and cool.

3 Make the walnut streusel: Combine all ingredients together and spread evenly on a rimmed baking sheet. Refrigerate for 10 minutes. Bake in a preheated 350°F oven for 8 minutes, then use a fork to break it into small bits and pieces. Cool.

4 To assemble the panini, spread *dulce de leche* thinly on the brioche slices. Place 5 slices each of cooked apple filling on 6 brioche slices. Drizzle a little *dulce de leche* on top, then sprinkle streusel all over. Cover with the remaining 6 brioche slices. Spread butter and sprinkle ground cinnamon evenly on both sides.

5 Place each sandwich in a preheated panini press and cook until caramelized. Serve the paninis with caramel sauce and vanilla ice cream.

tip When making *dulce de leche*, carefully watch over the pan to make sure that the can of condensed milk is always fully submerged. Add more water to the pan as needed.



PINEAPPLE UPSIDE DOWN CAKE

This classic cake's moist and buttery crumb is a revelation! Using fresh pineapples will yield the best results—but in a pinch, you can also use canned fruit.

Serves 8 Prep Time 10 minutes
Cooking Time 1 hour and 20 minutes

For the pineapple topping

- ☐ 1 cup brown sugar
- ☐ 1 fresh pineapple, peeled, cored, and cut into $\frac{3}{4}$ -inch slices
- ☐ $\frac{1}{4}$ teaspoon vanilla extract
- ☐ 3 tablespoons butter

- ☐ $1\frac{1}{4}$ cups all-purpose flour
- ☐ $1\frac{1}{4}$ teaspoons baking powder
- ☐ $\frac{1}{4}$ teaspoon salt
- ☐ $6\frac{2}{3}$ tablespoons butter, softened
- ☐ $\frac{2}{3}$ cup sugar
- ☐ 2 eggs
- ☐ $\frac{1}{4}$ cup milk
- ☐ $\frac{1}{2}$ teaspoon vanilla extract

1 Preheat oven to 350°F. Spray an 8-inch round cake pan with nonstick cooking spray. Set aside.

2 In a small saucepan, combine brown sugar and pineapple slices. Cook over medium heat until the pineapple slices turn translucent, about 15 minutes. Strain pineapples and set aside.

3 Return the juices to the saucepan and cook until darkened and thickened, about 15 minutes. Take the pan off the heat and whisk in vanilla and butter. Pour the caramel mixture into the cake pan. Distribute the pineapple slices evenly over caramel and set the pan aside.

4 Whisk flour, baking powder, and salt together in a bowl; set aside. Using a stand mixer fitted with the paddle attachment, cream butter and sugar until pale and fluffy, about 3 minutes. Add eggs one at a time, beating well after each addition. Mix in dry ingredients alternately with milk. Beat in vanilla.

5 Using a rubber spatula, transfer batter into the cake pan, spreading it evenly. Bake until golden brown, about 40 to 45 minutes. Cool for 15 minutes, then invert onto a plate and serve.

RED GRAPES WITH BALSAMIC AND RED WINE REDUCTION

The humble grape gets a gourmet twist with the surprising addition of two pantry basics. They're delicious as is, but for a more decadent treat, serve them over a lovely little scoop of vanilla ice cream.

Serves 6 Prep Time 5 minutes
Cooking Time 20 minutes

- ☐ $\frac{3}{4}$ cup balsamic vinegar
- ☐ $\frac{1}{4}$ cup red wine
- ☐ $\frac{1}{4}$ cup sugar
- ☐ 4 whole cloves
- ☐ 1 tablespoon grated lemon zest
- ☐ 1 tablespoon lemon juice
- ☐ $\frac{1}{4}$ teaspoon vanilla extract
- ☐ 4 cups red seedless grapes, some halved and some left whole
- ☐ mint leaves for garnish

1 Combine vinegar, wine, and sugar in a small saucepan. Reduce over high heat until syrupy, about 15 minutes.

2 Take the pan off the heat and stir in cloves, lemon zest, lemon juice, and vanilla. Let steep for 1 minute. Strain.

3 Arrange grapes in a medium bowl. Pour warm reduction over grapes and toss to coat. Garnish with mint leaves.



tip For this muffin recipe, old-fashioned rolled oats are used for a nuttier and chewier texture. For best results, do not substitute with quick-cooking or instant oats.

On a sparkling summer day, there's nothing quite like a long, lazy lunch under the trees. So roll out the mat and enjoy a basket filled with these goodies.

Sunny day for a picnic

Photography by At Maculangan Recipes and Food Styling by Melanie Jimenez Prop Styling by Rachelle Santos
Art Direction by Jonathan Roxas Props from Rustan's Department Store (picnic basket) and Tupperware (sandwich container)

OATMEAL DATE MUFFINS

Moist and substantial, these muffins are the perfect treat to pack in your picnic basket. Bake them a few days ahead and store. They'll be ready when you are.

Makes 12 muffins **Prep Time** 10 minutes **Baking Time** 20 minutes

- 1 cup old-fashioned rolled oats
- 1 cup fresh whole milk
- 1 egg
- ⅓ cup packed light brown sugar
- 2 tablespoons honey
- ½ cup butter, melted
- 1 cup all-purpose flour
- ½ teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ cup chopped dates
- 12 pecans

- 1 Preheat oven to 375°F. Spray a 12-cup muffin tin with nonstick spray.
- 2 Combine rolled oats and milk in a bowl, and let soak for at least 2 hours, at most 4 hours.
- 3 Add egg, sugar, honey, and butter to the oat-milk mixture. Stir to combine.
- 4 Sift together flour, salt, baking powder, and baking soda into another bowl. Toss in dates, coating the fruit with the flour mixture.
- 5 Add the flour mixture to the oat-milk-egg mixture. Stir until just combined.
- 6 Divide batter evenly among the muffin cups. Top each portion with one pecan in the center. Bake for 18 to 20 minutes or until edges are lightly golden and a toothpick inserted in the center comes out clean.
- 7 Let cool in the pan for 10 minutes before transferring muffins to a wire rack to cool completely.

HAM AND VEGETABLE STRATA

A delicious combination of eggs, bread, cheese, meat, and veggies, this portable snack is a complete meal on its own!

Serves 6 to 8 **Prep Time** 15 minutes
Cooking Time 25 to 30 minutes

- 1 medium onion, minced
- 2 tablespoons olive oil
- 1 medium zucchini, cubed
- 1 cup frozen spinach, thawed and drained, squeezed of excess water
- ¾ cup chopped sweet or spiced ham
- 1 medium red bell pepper, diced finely
- 1 cup chopped mushrooms
- 3 to 3½ slices Pullman loaf, cubed
- 1 cup grated cheese, divided
- 6 eggs

- ¼ cup milk
- 2 tablespoons Dijon mustard
- 1 teaspoon freshly ground black pepper

- 1 In a large saucepan over medium heat, soften onions in olive oil. Add zucchini and spinach, and stir for 2 to 3 minutes until zucchini is lightly toasted. Add ham, bell pepper, and mushrooms. Set aside.
- 2 Butter a 9-inch round baking dish or pie pan. Arrange bread cubes to line bottom of pan.
- 3 Place half of the vegetable mixture over the bread cubes. Top with half of the grated cheese.
- 4 Place the remaining vegetables on top, then the remaining bread cubes, then the cheese.
- 5 Whisk together eggs, milk, mustard, and pepper. Pour over the entire casserole. Let stand for 10 minutes. Bake in a preheated 350°F oven for 20 to 25 minutes or until casserole surface begins to brown. Let cool then slice into wedges.



CHICKEN ALFALFA WRAPS

Cooking can be a chore with the summer heat. Keep your cool with this no-cook, deliciously healthy wrap. For variety, change the chicken to ham, turkey, or any cold cut of choice.

Serves 3 to 4 **Prep Time** 10 to 15 minutes

For the honey-mustard dressing

- 2 tablespoons Dijon mustard
- 2 tablespoons honey
- 1 (8-ounce) package cream cheese, softened
- 3 large whole-wheat tortillas
- 6 slices smoked chicken
- 1 pack alfalfa sprouts

- 1** Make the honey-mustard dressing: Combine mustard and honey; mix well and set aside.
- 2** Make the wrap: Spread 3 to 4 tablespoons cream cheese on one side of the tortilla. Lay 2 slices of meat on top of the cheese. Spread a thin layer of the honey-mustard mixture on the meat. Arrange the sprouts on top of the meat. Roll up the tortilla and secure tightly with a toothpick or wrap in wax paper. Repeat with the remaining ingredients to make 3 large wraps.

SPICED GLAZED CASHEWS

Snack on these addictive spiced nuts while passing the time. Instead of just cashews, try an assortment of nuts such as almonds, peanuts, and pecans.

Makes 3 cups **Prep Time** 10 minutes **Cooking Time** 10 minutes

- 2 tablespoons butter
- ¼ cup honey
- 2 tablespoons packed brown sugar
- 1 tablespoon sugar
- 1 teaspoon salt

- 1 teaspoon cayenne pepper
- ½ teaspoon garlic powder
- 3 cups raw cashews

- 1** In a large nonstick saucepan, heat butter over medium heat. Add honey, sugars, salt, and spices and stir until the sugar melts and the mixture is fairly smooth.
- 2** Add cashews and stir together for 3 to 5 more minutes, until the nuts turn golden and are coated with the glaze.
- 3** Immediately pour nuts onto a parchment paper-lined tray, spreading them out. Once cooled, store in an airtight container for up to 1 week.



VIETNAMESE PORK SKEWERS

Mix, marinate, grill—and you're good to go. This recipe is inspired by a family enterprise found on a street corner in Ho Chi Minh, where the young sisters prepare the noodle salad while their mother tends the charcoal grill. This recipe makes about 20 skewers.

Serves 6 to 8 **Prep Time** 20 to 30 minutes, plus 6 hours marinating time **Cooking Time** 6 to 8 minutes

- ☐ 1 cup fish sauce (*patis*)
- ☐ ½ cup fresh lemongrass, chopped
- ☐ 4 bird's eye chilies, chopped
- ☐ ¼ cup brown sugar
- ☐ ¼ cup chopped shallots
- ☐ juice from 2 limes
- ☐ 1½ kilos skinless pork shoulder or *kasim*, sliced into thin chunks

- ☐ barbecue sticks, soaked in water
- ☐ pandan leaves, cut into 4-inch strips

- 1 In a large bowl, combine fish sauce, lemongrass, chilies, brown sugar, shallots, and lime juice. Add the pork chunks and massage the marinade into the meat.
- 2 Thread pork chunks through the skewers, and tie a pandan strip on the pointed end of the sticks. Marinate for 6 hours or overnight.
- 3 Grill over hot charcoal, about 2 to 3 minutes on each side, until the pork is lightly browned. Serve with the Vietnamese noodle salad.

VIETNAMESE NOODLE SALAD

If traveling, you can prepare everything ahead of time. Let the dressing sit for a couple of hours to let the flavors meld. Once you get to your destination, soak the rice noodles then toss in the dressing.

Serves 4 **Prep Time** 10 to 15 minutes
Cooking Time 10 to 15 minutes (soaking time for noodles, as per package directions)

For the dressing

- ☐ ¾ cup fish sauce (*patis*)
- ☐ ¼ cup lime juice
- ☐ 3 shallots, sliced finely on the diagonal
- ☐ 1 bird's eye chili, sliced diagonally

For the salad

- ☐ 125 grams rice noodles, prepared according to package directions
- ☐ ½ cup chopped dry roasted salted peanuts
- ☐ ½ cup cucumber, peeled, sliced into sticks
- ☐ ½ cup carrots, peeled, sliced into sticks
- ☐ ½ cup store-bought toasted, caramelized shallots from a jar

- 1 Make the dressing: Combine the dressing ingredients in a small bowl. Let stand for a couple of hours before serving.
- 2 Make the salad: Toss the noodles, peanuts, cucumbers, carrots, and shallots with the dressing. Serve immediately.



VIGAN LONGGANISA AND ALIGUE RICE

Garlicky *longganisa* and *aligue* rice—need we say more? Serve this indulgent dish with *sukang Iloco* for drizzling.

Serves 4 to 6 **Prep Time** 10 minutes, plus overnight marinating **Cooking Time** 15 to 20 minutes

For the *longganisa*

- ☐ ¼ cup minced garlic
- ☐ ½ teaspoon chili flakes
- ☐ ¼ cup white vinegar
- ☐ 2 tablespoons soy sauce
- ☐ 500 grams **Vigan *longganisa*** (local sausages from Vigan), casing removed

For the *aligue* rice

- ☐ 3 tablespoons chopped garlic
- ☐ 4 tablespoons olive oil

- ☐ 6 tablespoons bottled crab fat (*aligue*)
- ☐ 6 cups cooked rice, cooled
- ☐ salt to taste

- ☐ oil for frying
- ☐ sliced green mangoes, fresh tomato wedges, and *sukang Iloco*, to serve

1 Marinate the *longganisa*: In a large bowl, mix garlic, chili flakes, vinegar, and soy sauce with *longganisa*. Mix well and marinate overnight.

2 Make the *aligue* rice: In a large pan, sauté garlic in olive oil over medium-low heat until softened. Add crab fat, stirring constantly until the mixture loosens. Add rice and toss to coat, until crab fat is evenly distributed. Season with salt to taste. Keep warm.

3 Heat oil in a frying pan. Fry marinated *longganisa* until toasted and golden brown. Serve with *aligue* rice, sliced green mangoes, fresh tomato wedges, and *sukang Iloco*.

STOVETOP BEANS WITH BACON BITS

You can make this dish ahead and keep it in the refrigerator. Reheat once you get to the picnic site. Serve with barbecued chicken (recipe below) and steamed corn with butter.

Serves 3 to 4 **Prep Time** 10 minutes

Cooking Time 15 to 20 minutes

- ☐ 4 slices bacon
- ☐ ½ green bell pepper, diced
- ☐ ½ medium onion, diced
- ☐ 3 (230-gram) cans pork and beans
- ☐ ⅓ cup store-bought barbecue sauce

- 1** In a medium saucepan, fry the bacon over medium heat until it renders the fat and becomes crisp. Set aside.
- 2** In the same pan, add bell peppers and onions; cook until tender.
- 3** Add pork and beans and barbecue sauce. Lower heat to medium-low and simmer for 10 to 15 minutes. Let sauce thicken and reduce.
- 4** Chop the crisp bacon finely. Top the beans with the bacon bits and serve hot.

BARBECUED CHICKEN LEGS

Summer is all about enjoying food outdoors. Fire up the barbecue and enjoy this spice-rubbed chicken!

Serves 6 to 8 **Prep Time** 15 minutes, plus 6 hours marinating time **Cooking Time** 10 to 15 minutes

For the smoky rub mixture

- ☐ 2 tablespoons sweet paprika
- ☐ ½ teaspoon cumin
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 tablespoons brown sugar
- ☐ 1 teaspoon salt
- ☐ ½ teaspoon freshly ground black pepper
- ☐ 2 tablespoons oil

☐ 8 chicken drumsticks

- 1** Make the smoky rub mixture: Combine all the ingredients in a small bowl, forming a paste.
- 2** Rub marinade all over chicken legs, carefully spreading some underneath the skin. Marinate chicken for 6 hours or overnight.
- 3** Grill drumsticks over medium-hot charcoal until juices run clear.

tip You can also cook the chicken in the oven, on a rack, at 400°F for 18 to 20 minutes.



TORTELLINI, ASPARAGUS,
AND MANDARIN
ORANGE SALAD

tip You can use any kind of tortellini. (We like the meat- and cheese-filled varieties.) The dressing in this recipe can also be used for a salad with mixed greens and mandarin oranges.



FRESH ideas

What do you get when you bring together bright, crisp greens and the freshest produce? Six superbly easy, throw-it-together salads that you can enjoy as starters, sides, or mains!

Photography by At Maculangan Recipes & Food Preparation by Katherine Jao Prop Styling by Elaine P. Lim
Props from Rustan's Department Store (utensils)

MARINATED TOFU WITH ALFALFA SPROUTS

So simple and easy! Make extra vinaigrette to dress cooked pork, chicken, beef, or fish. Have it after the salad course, with rice.

Serves 4 Prep Time 15 minutes

For the honey-calamansi vinaigrette

- ☐ 2 tablespoons honey
- ☐ 3 tablespoons fresh calamansi juice
- ☐ ½ cup extra virgin olive oil
- ☐ salt and pepper to taste

- ☐ 2 (300-gram) packs semi-firm tofu
- ☐ 100 grams alfalfa sprouts (or any other sprouts like broccoli sprouts)

1 Make the vinaigrette: Combine all ingredients in a bowl; whisk until well blended. Set aside.

2 Cut tofu into big squares, about 2x2-inches.

3 Wash the alfalfa sprouts in running water. Pat thoroughly dry.

4 Toss or drizzle tofu with vinaigrette. Let stand for 15 minutes to allow the flavors to set in.

5 Top with alfalfa sprouts. Serve.

tip Make this dish heartier by adding cooked seafood. For color and flavor, add sliced bell peppers. You can also adjust the sweetness of the dressing by playing with the amount of honey in the recipe.



TORTELLINI, ASPARAGUS, AND MANDARIN ORANGE SALAD

Like pasta salads? Give it a modern makeover with this skewered presentation. This light and refreshing pickup salad is a great starter to lovely get-togethers.

Serves 3 Prep Time 10 minutes
Cooking Time 15 minutes

For the orange-poppysseed dressing

- ☐ ½ cup orange juice
- ☐ 1 tablespoon honey
- ☐ 1 cup extra virgin olive oil
- ☐ 2 tablespoons minced shallots
- ☐ 1 teaspoon poppy seeds
- ☐ salt and pepper to taste

- ☐ 1 (200-gram) pack frozen tortellini
- ☐ 100 grams asparagus, blanched and cut into 1-inch pieces
- ☐ 1½ cups mandarin oranges, drained

1 Make the orange-poppysseed dressing: Whisk together all ingredients in a bowl. Set aside.

2 Cook tortellini according to package directions.

3 Skewer one piece each asparagus, tortellini, and mandarin orange on a stick or food pick. Repeat with the rest of the ingredients.

4 Arrange on a platter and drizzle with dressing.

WHITE CORN AND GREEN PEA SALAD

Want a salad that's not too heavy but still filling? This is it! By using yogurt instead of the usual buttermilk for the dressing, this salad gets a light and healthy label. It's great as a side dish too.

Serves 4 to 6 **Prep Time** 15 minutes **Cooking Time** 10 minutes

For the yogurt ranch dressing

- ☐ 1 cup plain yogurt
- ☐ 1 teaspoon chopped garlic
- ☐ 1 teaspoon white wine vinegar
- ☐ 1½ tablespoons chopped parsley
- ☐ 1½ tablespoons chopped garlic chives
- ☐ ¼ teaspoon salt
- ☐ pepper to taste

- ☐ 1 cup white corn kernels, from 2 to 3 cobs
- ☐ 1 cup frozen green peas, thawed
- ☐ ½ cup chopped celery
- ☐ ½ cup diced jicama (*singkamas*)

- ☐ ⅓ cup diced red bell pepper
- ☐ 2 tablespoons mint leaves, chopped
- ☐ 100 grams corn sprouts or lettuce leaves


1 Make the yogurt ranch dressing: Combine all ingredients in a bowl; whisk until well blended. Set aside and chill until ready to use.

2 In a bowl, toss together corn, green peas, celery, jicama, bell pepper, and mint. Drizzle with dressing; toss well.

3 To serve, place corn mixture over a bed of corn sprouts or lettuce leaves. Serve immediately.

tip Add an Asian twist! Substitute cilantro leaves for parsley. Want to go old-school? Make the classic ranch dressing by replacing yogurt with buttermilk.





tip Take it up a notch by adding sliced tomatoes and carrots!

GRILLED TIGER PRAWNS ON A BED OF MIXED GREENS

Mix and match! Allergic to shrimp? Use squid instead. The guava dressing pairs well with just about any seafood.

Serves 3 Prep Time 15 minutes

Cooking Time 10 minutes

For the creamy guava dressing

☐ ½ cup guava jelly

☐ ½ cup sour cream
☐ salt and pepper to taste

☐ 10 tiger prawns, peeled and deveined with tails left on
☐ dash of salt
☐ dash of pepper
☐ dash of paprika

☐ 1 (250-gram) pack ready-to-eat mixed greens or salad greens

1 Make the creamy guava dressing: In a bowl, whisk together guava jelly and sour cream. Season to taste. Set aside.

2 Preheat griller to medium heat.

3 Season prawns with salt, pepper, and paprika.

4 Grill prawns until cooked, about 5 to 7 minutes on each side. Set aside.

5 To assemble: Toss together mixed greens, top with grilled prawns, and drizzle with dressing (or serve on the side).

BROWN RICE AND APPLE SALAD

Here's a healthy salad that's a meal all on its own. And with brown rice and apples in the ingredient list, you're assured of a fiber-loaded lunch.

Serves 3 to 5 **Prep Time** 15 minutes

Cooking Time 20 minutes

For the curry cream cheese vinaigrette

- ☐ ½ cup cream cheese spread
- ☐ ¼ teaspoon mustard
- ☐ 1 tablespoon white wine vinegar
- ☐ 1 teaspoon curry powder
- ☐ salt and pepper to taste
- ☐ ¼ cup olive oil

- ☐ 3 cups red and green apples, quartered then sliced
- ☐ 1½ cups cooked brown rice
- ☐ ½ cup dried cranberries
- ☐ ½ cup chopped celery
- ☐ 2 tablespoons chopped spring onions

1 Make the curry cream cheese vinaigrette: Whisk together cream cheese spread, mustard, and vinegar. Mix in curry powder and season with salt and pepper. Slowly add in olive oil; whisk well.

2 Toss all the salad ingredients together, drizzle with dressing, and gently toss. Serve immediately.

tip Curry powders have different levels of flavor depending on the brand that you use. Adjust the quantity according to your preference and always taste as you go. This dressing is also great for pasta salads. Should it become too thick, dilute with skimmed milk and adjust the seasonings.



WATERMELON AND BEEF SALAD

Sweet watermelon cubes and fork-tender beef cooked salpicao-style star in this luscious and filling salad.

Serves 3 to 4 **Prep Time** 15 minutes

Cooking Time 10 minutes

For the brown sugar vinaigrette

☐ 2 tablespoons lemon juice

☐ ½ teaspoon mustard

☐ 2 tablespoons brown sugar

☐ ¼ cup extra virgin olive oil

☐ salt and pepper to taste

☐ dash of olive oil

☐ dash of soy sauce

☐ salt and pepper to taste

☐ 200 grams beef tenderloin, cubed

☐ 1 (150-gram) pack ready-to-eat mixed greens

☐ 3 cups seedless watermelon, cubed

1 Make the brown sugar vinaigrette: Whisk together all ingredients in a bowl. Set aside.

2 Combine olive oil, soy sauce, salt and pepper. Marinate the tenderloin cubes for 10 minutes. Pan-fry until desired doneness.

3 Place mixed greens on a plate or in a bowl. Top with watermelon cubes and beef slices. Drizzle with vinaigrette or serve on the side.

tip Try something new: Use lamb instead of beef the next time you make this salad. Add a sprinkling of cashews or walnuts for added crunch. The dressing can also be used for a salad with pomelo and shrimp (add a dash of fish sauce for a more intense flavor!).



A time. to grill



From burgers to pancakes, we've got six summery recipes all for you. Go ahead and get your grill on!

Photography by Phillip Castleton Recipes by Jennene Plummer

MUESLI PANCAKES

A large stack of pancakes in a pool of syrup is always irresistible. Want to serve this for dessert instead of breakfast? Swap out the vanilla yogurt for a scoop of ice cream.

Makes 12 **Prep Time** 15 minutes

Cooking Time 15 minutes

- ☐ 1½ cups self-raising flour
- ☐ 1 teaspoon baking powder
- ☐ 1 cup quick-cooking oats
- ☐ ½ cup chopped dried apricots
- ☐ ⅓ cup shredded coconut
- ☐ 2 tablespoons brown sugar
- ☐ 1¼ cups milk
- ☐ 2 eggs
- ☐ ¼ cup butter, melted, plus extra cold butter for cooking
- ☐ 1 teaspoon vanilla extract

- ☐ ½ cup chopped walnuts, sliced banana, maple syrup, and vanilla yogurt, to serve

- 1 Preheat a barbecue plate to medium.
- 2 Sift flour and baking powder together into a large bowl. Stir in oats, apricots, coconut, and sugar. Make a well in the center.
- 3 In a smaller bowl, whisk together milk, eggs, butter, and vanilla. Gradually whisk the wet ingredients into the dry ingredients. Do not overbeat.
- 4 Wrap a piece of extra cold butter in a paper towel. Wipe over the barbecue plate to grease. Set aside to use as required.
- 5 Pour quarter cupfuls of the mixture in batches of 4 (depending on the size of your grill) onto the plate and cook for 2½ minutes or until bubbles appear on the surface. Flip and cook a further minute and a half.
- 6 Serve warm with walnuts, banana, and maple syrup. Accompany with yogurt.

tip Self-raising flour is all-purpose flour mixed with a pinch of salt and 1½ teaspoons baking powder per cup of flour. To cook the pancakes properly, make sure you don't have the heat up too high as they will brown on the outside but will be uncooked in the middle.





CORN QUESADILLAS WITH TOMATO AND AVOCADO SALSA

Melted cheese and spicy corn encased in a chewy tortilla, served with a cilantro-laced, avocado-studded salsa—it's a wonderful dish that will make you smile and say olé!

Makes 8 **Prep Time** 20 minutes **Cooking time** 10 minutes

- ☐ 1 (420-gram) can corn kernels, drained
- ☐ 1 red bell pepper, seeded and chopped finely
- ☐ ½ cup grated Cheddar cheese
- ☐ 1 red chili, seeded and chopped finely
- ☐ 8 flour tortillas
- ☐ olive oil

For the tomato and avocado salsa

- ☐ 1 avocado, peeled and chopped
- ☐ 1 tomato, chopped finely
- ☐ ½ small red onion, chopped finely
- ☐ ⅓ cup roughly chopped cilantro leaves, plus more for garnish
- ☐ 1 tablespoon lemon juice

- 1 Preheat a barbecue grill on medium.
- 2 In a bowl, combine corn, bell pepper, cheese, and chili. Mix well.
- 3 Lightly brush or spray a tortilla with oil. Place oiled side down on a board. Cover half the tortilla with ⅓ cup of corn mixture. Fold over to enclose.
- 4 Make the tomato and avocado salsa: Combine all ingredients. Season to taste.
- 5 Carefully place filled tortilla onto grill. Cook for 1 to 2 minutes on each side until golden brown and the cheese has melted. Repeat with remaining tortillas and corn mixture. Serve in wedges with salsa. Garnish with cilantro leaves, if desired.

CAJUN CHICKEN BURGERS

Cajun seasoning adds a powerful punch to any dish. Aside from these spicy chicken burgers, you can use it for ribs, fish, shrimp, or even fried rice.

Serves 6 **Prep Time** 20 minutes
Cooking Time 6 minutes


- ☐ 2 chicken breast fillets
- ☐ 1½ tablespoons olive oil
- ☐ 1 tablespoon Cajun seasoning (or to taste)
- ☐ 4 long bread rolls or mini baguettes, halved horizontally

For the coleslaw

- ☐ 2 cups finely shredded cabbage
- ☐ 1 carrot, grated
- ☐ 50 grams snow pea sprouts, trimmed
- ☐ ½ small red onion, sliced finely
- ☐ 2 tablespoons mayonnaise
- ☐ 1 tablespoon lemon juice

- 1 Preheat a barbecue grill on high.
- 2 Using a sharp knife, carefully cut the chicken in half horizontally. Cover with plastic wrap and pound with a rolling pin to an even thickness. Brush both sides with oil, then sprinkle with Cajun seasoning. Chill until required.
- 3 Make the coleslaw: In a bowl, combine cabbage, carrot, snow pea sprouts, and onion. In a smaller bowl, whisk mayonnaise and lemon juice together. Toss through the vegetables.
- 4 Cook the chicken for 2 to 3 minutes on each side until golden brown and cooked through. Toast the rolls on the barbecue plate at the same time.
- 5 Slice the chicken and serve with the coleslaw on the toasted rolls.





tip If preferred, you can pour half the egg over half the onions and cook as instructed. Repeat with remaining onion and egg.

BACON AND EGG SCRAMBLE WRAP

This five-ingredient recipe is simple, easy to make, and sure to hit the spot! In place of a grill, you can also cook the bacon, tomatoes, onions, and eggs in a skillet or griddle, and then warm the tortillas on a grill pan.

Makes 4 **Prep Time** 15 minutes

Cooking Time 10 minutes

- ☐ olive oil
- ☐ 4 slices bacon, halved
- ☐ 1 cup cherry tomatoes, halved
- ☐ 3 green onions, sliced
- ☐ 8 eggs, beaten lightly
- ☐ 4 large flour tortillas

- 1** Preheat a flat plate to medium and brush lightly with oil.
- 2** Cook bacon for 4 to 5 minutes, turning occasionally. Push to one side.
- 3** Meanwhile, cook the tomatoes, stirring occasionally, until tender and slightly charred. Push to one side.
- 4** Sprinkle green onions onto the flat plate and cook for 1 minute. Push to one side.
- 5** Pour half of the beaten egg mixture onto the flat plate, a little at a time, adding more as it sets (make a well in the set egg and pour the liquid egg into it, to help keep it together). Use a metal spatula to keep the egg from running to the sides as it sets. Repeat with remaining eggs.
- 6** Transfer egg mixture to a warm bowl, and the bacon, tomatoes, and onion to a separate platter. Quickly heat the tortillas on the grill plate, about 30 seconds on each side. Serve the scrambled eggs, bacon, tomatoes, and onions with the warmed tortillas.

LAMB CUTLETS WITH FATTOUSH

Fattoush is a bread salad of Middle Eastern origin. Here, it's served alongside grilled frenched lamb cutlets. The term "frenched" simply means that the meat at the tip of the lamb chop is cut cleanly away to expose the bone—ask your butcher to do it for you.

Serves 4 Prep Time 25 minutes
Cooking Time 10 minutes

- ☐ 2 teaspoons sesame seeds
- ☐ 2 teaspoons dried thyme
- ☐ 1 teaspoon ground sumac, plus ½ teaspoon extra
- ☐ 1 tablespoon olive oil
- ☐ 12 frenched lamb cutlets

For the fattoush

- ☐ 1 small head lettuce, torn
- ☐ 1 cucumber, halved lengthwise and sliced
- ☐ ½ cup torn parsley leaves, plus extra for garnish

- ☐ ½ cup roughly chopped mint leaves
- ☐ 1 green bell pepper, seeded and chopped
- ☐ 2 tomatoes, chopped
- ☐ 3 green onions, sliced
- ☐ 1 large pita bread
- ☐ 1 tablespoon extra virgin olive oil
- ☐ 1 tablespoon lemon juice

1 Grind sesame seeds, thyme, and sumac in a mortar and pestle until combined. Stir in oil. Coat cutlets on both sides with the mixture. Set aside.

2 In a large bowl, combine lettuce, cucumber, herbs, bell pepper, tomatoes, and onions. Set aside.

3 Preheat a barbecue grill on high. Cook pita bread for 1 to 2 minutes on each side, until golden. Cool, then break into pieces.

4 Meanwhile, barbecue the cutlets for 2 to 3 minutes on each side, depending on thickness. Set aside to rest.

5 Add bread to salad. In a small bowl, whisk together oil and lemon juice; drizzle over the salad. Toss to combine and season to taste. Sprinkle with extra sumac and serve with cutlets. Garnish with extra parsley leaves.

tip You can find sumac at specialty spice stores like Spices and Flavors at Market! Market!, but in a pinch, you can substitute it with lemon-pepper seasoning or lemon zest mixed with a bit of salt.



MARINATED BEEF FILLET WITH CHERRY TOMATOES

Cherry tomatoes taste even better when grilled or roasted as their flavor intensifies. If you don't have a grill, you can do this on a stovetop using a grill pan and a griddle.

Serves 4 to 6 **Prep Time** 10 minutes plus marinating time **Cooking Time** 1 hour 10 minutes

- 1 kilo eye beef fillet
- 500 grams cherry tomatoes

For the marinade

- ½ cup red wine
- 2 tablespoons extra virgin olive oil
- 1 tablespoon roughly chopped thyme
- 1 tablespoon chopped rosemary
- 1 tablespoon wholegrain mustard
- 2 cloves garlic, crushed

- 1 Place the beef fillet on a non-metal dish.
- 2 Make the marinade: In a bowl, combine all ingredients and season to taste.
- 3 Pour marinade over beef, turning to coat. Cover and chill for at least 4 hours or overnight, turning occasionally. Remove from the refrigerator 30 minutes before cooking.
- 4 Preheat the flat and grill plate of a covered grill on high. Remove meat from marinade. Barbecue for 5 minutes on grill, turning to brown and seal all sides. Transfer to a large heavy-bottomed roasting pan.
- 5 Turn off the heat on the flat plate. Place the roasting pan on the flat plate. Reduce grill heat to medium, close lid and cook beef for 45 minutes for medium rare doneness.
- 6 Remove and transfer to board, cover loosely with foil and rest for 15 minutes before slicing. While the meat is resting, place the tomatoes in the same roasting pan and cook in the covered barbecue for 15 to 20 minutes or until they start to collapse. Serve beef sliced with tomatoes and other accompaniments of choice.

tip You can serve this dish with other barbecued vegetables or a light salad of mixed greens to cut the heaviness of the beef.



ON YOUR MARKET, GET SET, GO!



Going to the weekend market has become a near-weekly habit for many home cooks and foodies, thanks to these six markets and their evolving lineup of vendors offering fresh and cooked food. Want to explore? Let always-ready-to-eat writer **Lou E. Albano** lead the way.

Photography by Dairy Darilag
Pictorial Direction by Elaine P. Lim



Ellie's Roasted Calf uses organic meats



Longganisa minus the additives



Fresh milk and cheeses

SIDCOR SUNDAY MARKET

7 a.m. to 2 p.m. at Eton Centris Walk, along EDSA (right before TriNoma), Quezon City

For many years, Sidcor Sunday Market held court at The Lung Center of the Philippines parking lot; it has a shiny new address at Eton Centris Walk, still in Quezon City, and it brought along its famed massive selection of food and other goods. Word to the wise: This is not the leisurely weekend market you're probably expecting. Sidcor is perhaps the most expansive, most elaborate in Manila's weekend market circuit. It's almost comparable to Bangkok's famed Chatuchak, if only for the wide variety of goods sold. You can buy pets, plants, home implements, clothes, jewelry, and more.

When it comes to edible items, Sidcor is all about simple, local, and down-to-earth food. The **Rizal Dairy Farms** stall has a fantastic variety of cheeses, milk, yogurt, salad dressings, and artisan breads and cookies. Unlike other markets where Cebu *lechon* comes aplenty, it

is only Sidcor that has *lechon baka*. Incidentally, **Ellie's Roasted Calf** also boasts of the fact that it is "home of organic meats." Hailing from Nueva Ecija is **Yregg's** whose *longganisas* are additive-free so you get that full pork (or beef) taste. Yes, Sidcor has a good representation of regional delicacies: From the cashews and *suman* of Antipolo, *laing* and Bicol express of Bicol, *bagnet* and *empanada* of Ilocos, *lechon* of Cebu, to all the culinary wonders of Pampanga.

Ready-to-eat dishes also abound. **Mary's Kitchen** (mobile number: 0905-3422227) is a husband-and-wife catering business that serves familiar favorites. They have a wide array of pasta dishes, entrées, and desserts, some of which are vegetarian-friendly. Their zucchini lasagna is especially good—layers of lasagna noodles alternate with ripe zucchini pieces, all nicely covered in a generous amount of tomato sauce that is neither too Italian (sour) or too Pinoy (sweet).

Vegetarian? Visit **Atev** (mobile number: 0916-6453802), the stall of Custer Deocar, PhD, who serves vegetarian burgers and *siomai* to "get Filipinos to eat more veggies." Dr. Deocar is burger-savvy: He pimps his burgers with natural minerals to help you burn fat.



Croissants and rolls that elevate an ordinary morning



Grab fresh milk for the week

AYALA ALABANG WEEKEND MARKET

6 a.m. to 12 noon,
Cuenca Street, Ayala Alabang Village,
Muntinlupa City

In the Ayala Alabang Market, it's easy to feel a strong sense of appreciation for Filipino food. For its size—this is a small market that serves its community by way of food rather than by giving them opportunities to socialize—there are more than a few stalls of *lechon*. Right by the entrance is **Hecky's Lechon**, served



Puto bumbong fix

Cebu-style.

Another Pinoy food celebration: *kakanin* and coffee! Old school bakery **Jo-nis** makes an appearance selling *bibingka* and *puto bumbong*. **Kape ni Juan** puts a Filipino spin on top coffee shop drinks. Check out their Mocha Prap.

Even fruit drinks sold at the Ayala market have a local slant. A juice stand right in the middle of the market sells just two kinds: *calamansi* or *dalandan*?

What comes aplenty in other markets comes in trickles here. When *Yummy* visited, **Gerald Boulangerie** was the only stall selling bread. They have outstanding croissants, fruit tarts, and loaf breads. Beside the juice

stand is the lone bachelor selling brownies and bars. And **Holly's** is the only stall selling dairy products like milk, butter, *kesong puti*, and cream cheese.

With a good size of expatriate visitors, know that you'll be getting authentic international fare. There is **Korean Family**, cooking, preparing, and selling kimchi and bibimbap. The stall beside it sells **Japanese fare**. Try their *okonomiyaki*—the bonito flakes on top make it seem delicate, breaking the crunch on the cabbage and the heft from the eggs that bind it together.

Meanwhile, the Japanese mayo gives it a distinct flavor.

Not to be ignored is the wet market. There is a good selection of seafood as well as some meat. The vegetables all look lovely—romaine lettuce, potatoes, tomatoes, *pako* weeds, yellow ginger, you name it.

Basa's Farm has packed herbs ready for the taking. In this part of the market, it's easy to think that this is but a hobby of landed residents; what little produce they harvest in their farm, they bring here and share with the rest of the community.



Asian food finds



Fresh vegetables light up the market



Bagnet-slicing action at Bale Dutung

MERCATO CENTRALE

**7 a.m. to 2 p.m.,
Saturdays and Sundays,
34th Street corner
8th Avenue, Bonifacio
Global City, Taguig City**

The current toast of the weekend market crowd, Mercato Centrale is a four-tent, two-day affair packed to the rafters with organic produce, home implements, and unique food offerings that you can only get here. If your plan is to come here in your lazy-daisy best, gorge on the much-talked about Pan de Bagnet of **Bale Dutung**, think again; Mercato's atmosphere is not exactly casual. A more accurate picture: Mercato is a hip and trendy place, where ladies of leisure come to lunch.

Perhaps it's Mercato's good

selection of the latest trends in healthy fare: Though you plan to eat more than the usual, you won't be wasting your precious calories. There are a number of stalls that offer, among others, *kefir*, yogurt, smoothies, tea, granola, and vegan food. That's true, even vegans and vegetarians can and will have a field day here, what with the likes of **Kitchen Revolution**, which promises "vegan fare even meat-eaters can't refuse" and **Indyglo's** wellness-centered meals. We especially like Indyglo's eggplant dip, which is not lacking in taste, texture, and even depth.

Another awesome Mercato come-on? Food artisans. **Theo & Philo Artisan Chocolates** is a homegrown brand that makes fantastic chocolate bars. The Milk Chocolate with Barako is an easy favorite, but if you're into more unusual bars, the Dark



Chocolate with Labuyo will not disappoint.

And then there's **Rachebeli Inc.** (mobile number: 0922-8200049), a company that serves wine from Ilocos Sur. They use black plums to make red wine and mangoes to make white wine. Stop the snoot for a second; their wines are actually pretty good. So entrepreneurial are these Ilocanos that with the same produce (black plums and mangoes), they've managed to make chocolate bars that go along with their wine. We give them two thumbs up for how the dark chocolate partners with the black plum wine.

Weekend markets are never lacking in desserts, what with the homemakers and hobbyists making their "potluck hits" available to a bigger crowd. Among the standouts are the delicate mini cupcakes by **Baked by Anita**, macarons by **Empire**, and mochi ice cream



Empire macarons

by **Mochiko**. It's P70 a pop but what a pop it is! The mochi is huge, the ice cream inside delicious. On the Saturday of our visit, their stall was one of the most crowded, with little ones all agog for the chocolate and strawberry flavors.

Just as crowded is Claude Tayag's **Bale Dutung**, which serves the now-famous Pan de Bagnet. Here, *bagnet*—roast pork with crisp, crackling skin—is sandwiched between toasted ciabatta, kept company by tomatoes and greens. This satisfying pork experience will set you back P150. **Smokehouse Sandwiches**, the stall beside it, may entice you as well. Their coffee-crusted, strawberry-glazed beef brisket sounds impressive, and rightly so. The juicy beef has the texture of ham—yum!



All these one-of-a-kind offerings has made Mercato Centrale such a hit that in February, the team that runs the market launched Midnight Mercato, a nighttime version open on Friday and Saturday evenings, also in Bonifacio Global City. You'll find some of the vendors from the morning market, but this late-night party is still young and needs time to find its groove. For now, we prefer Mercato in the morning.

LEGAZPI SUNDAY MARKET

7 a.m. to 2 p.m.;
Legazpi Car Park,
Legazpi Street corner
Herrera Street,
Legazpi Village,
Makati City

Now on its fifth year—it turns six this June!—the Legazpi Sunday Market is one of the more popular markets in town. Understandably so: You can go on a global culinary food trip, what with the different stalls offering goods from around the world. You know what you're getting is authentic, too, because though you've had, say, hummus before, the hummus being sold at the Israeli stand near the entrance—"The Best Hummus in Town," a little cardboard sign reads—has a quality that you now notice is missing from all the hummus you've tasted before.

Having said that, "The Best Hummus in Town" isn't something you can enjoy right there and then; it is a 200-peso bottle you can take home with you, alongside the indulgent and nicely packaged brownies and bars at **Med.Chef**, and the highly recommended gourmet *polvoron* from **Postres del Cielo**. The gourmet *polvoron* is this delicate little thing that slowly disintegrates in your



Hummus that stands out



International fare, Thai included, make Legazpi Market an eating destination



Brownies by Med.Chef

mouth, covering your palate with a velvety layer of milk; mmmm, very good.

There are many other interesting non-food items to pick up, like the sexy-funny aprons by Amuse Bouche, Waraji Japanese slippers, weathered home furniture, clothes and bags, and Japanese Kawaii stuff (sold by a terribly cute Japanese lady), books, and even jewelry.

But front and center is the food—cooked food that you can eat right there and then. Popular among kids and snackers is the **Tacoholics** food stand, which, when *Yummy* visited, was located near the entrance. They serve deconstructed tacos

(broken taco shells mingle with the beef, cheese, onion, and tomato) that you eat with a spoon. It will keep you company as you queue for food around world, er, the market.

Chilli Billy (aka **Taqueria El Rey**) serves Mexican fare—eggs rancheros, burritos, tacos, quesadillas—in hefty meal proportions. Representing Indonesian food is **Warung Warung** where nasi goreng steals the show. **Khun Caesar's Thai Kitchen** takes care of all your phad thai cravings, while **Island Satay** is where you go for Singaporean fare. **Gigi La Crepe** showcases French cuisine at its simplest: crepes, baguette sandwiches, and galettes, to

name a few.

Now, practically all the markets we went to had a takoyaki stall—and the best we sampled was at **Japsy Takoyaki** here in Legazpi Market. They make *siomai*, maki, and gyoza but their takoyaki trumps them all. Five huge takoyaki balls comprise an order, with the



Have your fill of kawaii whatnot



Japsy Takoyaki does it well

sauce of your choice. Contain yourself; the balls are cooked upon order so you get them piping hot. The wait is worth it: Its consistency is amazing, the takoyaki taste slowly seeping in your mouth.

With all these countries represented, it's not hard to think of Legazpi as a world market.

NORTHEAST GREENHILLS SUNDAY MARKET

6 a.m. to 12 noon; entrance is along Connecticut Street (near Greenhills), San Juan City

The Northeast Greenhills Sunday Market is a market that serves the community more than anything else. It is a two-aisle affair that runs a short street from Connecticut Street into the Northeast Greenhills proper. On one side, you'll find the wet market; on the other, the dry goods that include clothes, *tiangge* bric-a-brac, and prepared food. In the wet market area, an unlabeled stall sells **Black Chicken**, known among Chinese to be more nutritious than regular poultry. (We visited the market at 7 a.m. to photograph said chickens, but at that hour, they had all been snapped up already.) A good portion of the market is allotted for fresh vegetables, seafood,

meat, and eggs.

While smoked milkfish is their headliner—so good and meaty and fresh!—the salted egg of **Tinapa at Iba Pa** (mobile number: 0920-9016238) is something to be experienced too. It's nicely *malasado* so that the yolk is evenly spread throughout its white. **New Liberty Ham** (tel. nos.: 427-8778, 733-7150) meanwhile boasts of the Loin Ham, which is equal parts sweet and salty and best served toasted. **Ifugao Rice Depot**, meanwhile, takes care of the community's growing demand for specialized rice: organic, red, high-in-fiber, and so on.



Dimsum while you shop



The versatile bangus

Unlike all of the markets included in this feature, Northeast is the only one that does not have an area for shoppers to sit down and eat—though ready-to-eat food is available and abundant. Shoppers stop and go, a quick pick-up of the week's essentials and off they go to have their Sunday. Look for pots of different porridges—*sotanghon*, *maki*, *lugaw*, *goto*—which are perfect for early risers. In fact, many residents stop here for their early morning slurp. The elderly Chinese folks, meanwhile, seem to have taken a liking to the Chinese staples that **Bia's Kitchen** serves: *pancit* canton,

chami, *sotanghon*, birthday *miswa*, *lumpia*, and so on.

They might not have the Ilocano empanadas with the ubiquitous orange color, but we were happy to see that Ilocano *bibingka*, specifically **Rikka's Ilocos Bibingka**, is available here.

Finally, it may seem out of place in the vendor lineup, but **Carol's Texan 5 Chicken and Ribs** is a welcome change from all the healthy eating and Chinese food loving of the Northeast Greenhills Sunday Market. It is obviously not the most popular stall here, but it's an indication of whatever changes are taking place in the small community of Greenhills.



Bibingka from Ilocos



Warm your tummy with your porridge of choice



A good selection of rice



Must-visit: The mobile yogurt cart

SALCEDO SATURDAY MARKET

7 a.m. to 2 p.m. at the Jaime Velasquez Park, between Leviste and Tordesillas Streets, Salcedo Village, Makati City

The granddaddy of weekend markets, the seven-year-old Salcedo Market started out in May 2004 as an outlet for Makati neighbors to see each other while enjoying homemade dishes and goodies. Through the years, Salcedo has come to include produce from as far away as Antipolo, wet and dry goods, and cooked international fare, attracting shoppers from other vicinities.

One of Salcedo's stars is **Taqueria Mia**. Their dishes ring with that undeniable Mexican zing but perhaps because they're homemade, they also have that nice billowing of flavors that gives instant comfort. Another staple favorite is **Rafik's Wagyu Beef Shawarma**. Though pretty steep at P200, this shawarma is supremely worth it. The beef is so soft and tender,



Stop for shawarma



The tres magnifique spread at La Cuisine Française

with its juices seeping through the pita bread, vegetables, and the garlic sauce that blankets it. You may want to try the lamb variety too, but always go for it in shawarma form.

One of the larger stalls is **La Cuisine Française** of husband-and-wife team Jean and Michele D'Orival. From two dishes, their repertoire has grown into what seems like a buffet station. If you find yourself intimidated by French cuisine, sample their macarons. **Kashmir**, meanwhile, has some of the best samosas Manila has seen. It may as well be your gateway to Indian food: A samosa isn't very spicy, and with a nicely toasted crust, it can serve as a cushion to what might be an avalanche of flavors. And the dipping sauce? It completes the samosa. It's quite filling so you might want to limit yourself to a piece or two.

Demonstrating his pull at the market is **Chef Ed Quimson**. His outings at Salcedo, be it Delimondo or Two Sisters, always impress the crowd. If

you're up for a big lunch, try his roast chicken. For some *pica-pica*, his Filo Cigars will work wonders.

Toward the back of the market, near the dry goods section, is the stall of **La Cucina de Tita Moning**. They don't serve the Spanish fare you'd troop to Malacañang for; instead they serve bottled goodies you can take home. Put the Queso de Bola Spread on your must-buy list.



Deli products for your pantry

And before you leave, get yourself a serving (or more) of **Dave's Natural Yogurt**. Unlike most frozen yogurt brands popping around the metro, Dave's has that thick and creamy texture similar to gelato. It might seem overwhelmingly indulgent—especially the Intense Chocolate yogurt—but it's hard not to succumb, especially on a hot summer day. Among our favorites, try the Strawberry, Pistachio, and Mango.



A Spanish institution



32 NEW
RESTAURANTS
TO TRY IN 2011!

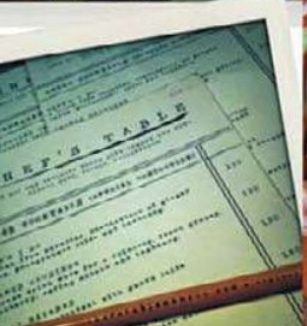


Dash to dine



From cozy shops in Teachers Village to high-stakes wining and dining at Resorts World and everything in between, Manila's restaurant scene has never been so vibrant. Fusion fare is as popular as ever, but places plying comfort food and molecular gastronomy are gaining momentum as well. So raise your forks and spoons (and a few steak knives too), here's the must-try list of restaurants for 2011.

By Ryan Fernandez



QUEZON CITY

➡Paradis Ice Cream Café

G/F Kojack Building, Tomas Morato corner Scout Castor, Quezon City (tel. no.: 576-0589)

Paradis takes the guilt out of “guilty pleasure” with delicious all-natural ice cream flavors. Sink your spoon into quirky duets such as Chocolate-Tomato with nubs of sweet *kamatis*, or refreshing Beet and Orange that will perk up anyone’s day. “We had kids in mind when we were coming up with the flavors,” says owner Troy Hatcho. In an effort to make fruits and vegetables appealing to her children, Troy blended them into ice candy concoctions that later evolved into a full-blown dessert bar concept. But while not everyone might take to cups of Pumpkin or Wasabi ice cream (the specialty ice creams go for P110 and up), Paradis (that’s *para-dee*) is decidedly hip instead of hippie, winning points for its delicious and refreshing take on the gourmet ice cream trend. Pick from dairy-free, vegan-friendly “Soybet” flavors (from P95) like Pineapple-Rosemary and Passionfruit-Guava, or sample their signature Yolive yogurt (from P95) blended with olive oil. Everything’s made fresh, and you can watch the staff prepare new batches through a glass window that looks into the cold kitchen.

For more substantial fare, try their hot sandwiches, hearty quiches, and not surprisingly, moringa (*malunggay*) pasta with prawns (P275). Hot days call for a “Mockito” slush (P110) with basil, mint, and 7-Up, or the Paradis Four Seasons Mix (P110), a revitalizing iced cup of apple, mango, celery, and carrot that’s perfect for whiling away those lazy summer afternoons. This is as close to a tropical paradise in the metro as you’ll get.

➡Pipino

39 Malingap Street (2/F, above Pino restaurant), Teachers Village, Quezon City (tel. no.: 441-1773)

Ed Bugia’s Pipino is out to change the notion that vegetarian food equates to austere, leafy roughage. You won’t feel hoodwinked with forkfuls of faux meat and spartan salads here. Pipino does justice to its meatless menu with a creative spin on old favorites that will make diners (including a few carnivores) fall for their greens all over again. Ask for Taro Chips (P60) and Vegetable Tempura (P80) perfect for pickings, or a cold glass of their Pipino Shake (P80), a refreshing beverage



made of cucumber, to beat the heat. Chef Ed does wonders with heftier main courses like Portobello Inasal with Red Beet Purée (P260); garlicky Mushroom Salpicado (P225); and even a hearty Kare-Kare (P165) served with black bean *bagoong*. Finish with a big slice of the dense Whole-wheat Vegan Chocolate Cake (P80) or scoops of Coconut Ice Cream (P35) over warm cookies.

“I’ve always wanted to come up with vegetarian food that everyone—including meat eaters—can enjoy,” Ed explains. “At Pipino, people don’t have to feel deprived when eating vegetarian.” But if your friends are still iffy about meatless lasagna, stick to Pipino’s fusion-fare sister restaurant Pino on the ground floor and order your favorites from upstairs for the best of both worlds. And if you want to bring a touch of both restaurants to your home-cooked meals, check out their kitchen studio next door for regular culinary workshops.

➡Burger Project

122 Maginhawa Street, Teachers Village, Quezon City (tel. no.: 351-7474)

Like its name suggests, Burger Project is an ongoing epicurean experiment; a madman’s kitchen where diners are invited to bring their idea of the perfect burger to life. And boy, does Burger Project take customization seriously. Your journey begins with a checklist of what goes into your burger—from beef, chicken, or tofu patties to feisty sauces to stacks of onion rings—and ends with you cradling your ketchup-smeared, mustard-stained dream come true. You’re even encouraged to name your creation. It’s a glorifying experience, one that can be

LEFT Paradis’s fluorescent green touches call out to ice cream aficionados. **BELOW, TOP TO BOTTOM** A spread of meatless plates at Pipino. The assembly line at Burger Project, where you can customize your burger. Burger Project’s French Lick Burger.



repeated with an almost endless number of combinations. Can’t decide? Go with crowd pleasers like the Bleu Buffalo Burger (P175), Gruyère-stuffed French Lick (P200), or teriyaki and wasabi-spiced Tokyo Pop! (P165). Add a side order of killer chicken wings, cheese sticks, and four-scoop milkshakes that will make anyone’s knees quiver.

➡Mango Tree Bistro

3/L TriNoma, EDSA corner North Avenue, Quezon City (mobile no.: 0917-8902166)

From downtown Bangkok to Pattaya's sandy strip and now Manila, Mango Tree Bistro has finally made it to our shores, serving up all you've come to expect from a bustling Thai kitchen set in a sleek, cosmopolitan lounge. Look for all-time favorites with key ingredients flown in from Thailand, and given contemporary updates: tangles of Pad Thai (P350) covered with webbed strands of egg; hot-off-the-grill Satay Skewers (P280); and a to-die-for Chili and Mint Beef Salad (P300). "We want to share with Filipinos what Thai food is all about, and you know what? Not everything's spicy. It's really a balance of different tastes that we juggle here," explains the chef, Jonas Ng. Sweet and Sour Fish Cakes (P280) got you fanning your mouth? All it takes is a bowl of Ruby Chestnuts in Sweet Coconut Milk (P150) or a sip of the house Bellini (P250) to take away any lingering doubts.

➡The Real Thing Diner

2/F Il Terrazzo, Tomas Morato corner Scout Madriñan Street, Quezon City (tel. no.: 352-4320)

If you were the kind of kid who dipped fries in soda (face it, you've done weirder things with food), you'll immediately fall for The Real Thing Diner's quirky American menu. A shrine to all things Coca-Cola, this pit-stop parlor takes soda and snacking to an all-new level with the Coke-sweetened Coca-Cola BBQ Burger (P249), Ginger Sprite Tiger Prawns (P399), and grilled pork chops marinated with Royal Tru-Orange (P249). Simple, rewarding comfort food recipes keep The Real Thing from getting gimmicky. This a group date place, plain and simple. The Sarsi Chicken Wings (P199) are perfect for sharing with friends, while the selection of dreamy sundae floats beg to be slurped, two straws at a time—for you and your special someone—Archie comics-style.

➡Tres

G/F The Block, SM City North EDSA, North Avenue, Quezon City (tel. no.: 352-7030)

Eating at Tres is like leafing through your old picture albums: mouthwatering *adobo* and *kare-kare* during family reunions; *turon* na *saging* with classmates at the school canteen;



CLOCKWISE FROM BOTTOM LEFT Soda-marinated grilled pork chops at The Real Thing Diner. Mango Tree Bistro's sleek interiors. Ensaladang Ampalaya topped with *kalkag* at Tres. Putting the finishing touches on an order of tacos at B&T Mexican Kitchen.

and piping hot *empanada* from roadside snack stops when going out of town. Tres then borrows the best of different regions plus a few well-guarded family recipes and adds playful, modern updates, creating its own take on evolving Filipino cuisine. Here, it's chunks of Crispy Ginataang Hito (P273) served with coconut cream and sweet potato chips, or fresh Ensaladang Ampalaya (sans the bitter taste) topped with fine Ilonggo *kalkag* baby shrimp flakes (P93). Even *merienda* gets a makeover with Chicken Curry Empanada (P25) and Dinuguan Lechon Kawali (P143) paired with fluffy *cuapao*. And whether it's the *apo* waving his *langka*-dipped *turon* (Banana Ube *Turon* with *Langka* Dip, P73), or *lola* taking notes on the Laing Fried Rice (P133), Tres has much to offer every generation.

GREENHILLS AND ORTIGAS

➡B&T Mexican Kitchen

G/F Sekai Building, Ortigas Avenue, Greenhills, San Juan City (tel. no.: 975-1850)

Like an overfed, riled-up chihuahua, everything about B&T's menu is big, fat, and



mean. Nothing seems spared from an upsize; from piled-high steak tostadas to nine-layered jalapeño and pinto bean dips to belly-busting burritos. B&T finds common ground with other cosmopolitan cantinas overseas like Baja Fresh and Chipotle, both of which are big on fresh ingredients, and bigger on customizing your *comida*. A chalkboard menu explains how to create your own tailor-made taco: Start with your intended meal—be it wrapped, stuffed, or fried—then move on to your choice of filling. The choices: Smoky Barbacoa (P330), Carne Asada (P330), Dory fish fillet (P330), Carnitas (P320), or Al Pastor (P320), which is pork marinated with chilies and pineapple. Keep in mind that everything's made for sharing and portions are always on the generous side.

Work your way with sidings of nachos or *kamote* fries, but don't miss out on the house Chicken Mole (P320). This Cinco de Mayo favorite (it's to Mexicans what *adobo* is for us on this side of the ocean) is a simmering concoction of various chilies, spices, peanuts, and chocolate—mildly sweet, but just enough to tame the heat. Mole might just be B&T's sleeper hit, but even then, watch out for



FROM TOP Serving the towering Bellagio Breeze dessert at Lugang Café. Fusion is the name of the game at Torch, even when it comes to sushi. Stuffed Pljeskavica at Balkan Express.



Mexi-Asian wildcards on the menu like wasabi-mayo and kimchi-spiced burritos, or even *sisig*-stuffed “paburrito” dishes. Forget spoons and forks here, meals are meant to be savored hand to mouth, lip-smackingly good and fuss-free. The only thing you’ll need to bring here is a big appetite.

➡ **Lugang Café**

115 Connecticut Street, Northeast Greenhills, San Juan City (tel. no.: 775-7599)

There’s a small battalion of cooks working inside Lugang Café’s kitchen, weaving noodles and wrapping dumplings with clockwork efficiency, as basket after basket of dimsum make their way across the busy restaurant floor. In one corner, a gaggle of ladies trade gossip while fishing out *xiao long bao*, while across the room, laughter erupts over a family reunion’s lauriat feast. There’s the clink of chopsticks on chinaware, the holler for additional orders, and the slurping of soups that all add up to the delicious mayhem of Lugang’s lunchtime crunch. Known in Beijing and Shanghai as the Bellagio, Lugang has local foodies abuzz, but fanfare aside, there’s no real magic, no fancy ingredients; just mouthwatering Taiwanese-style cooking from jigglings braised pork knuckles to juicy prawns coated in fried oats. Fans of *Xiao Long Bao*—those luscious soup-filled dumplings that keep popping up in Chinese menus—can rejoice with Lugang’s own take on classic pork, crab roe, and even truffle-infused veggie variants. The dumplings range from P188 to P228.

If you shy away from large crowds and long lines (reserve days ahead if you’re serious about dining here), swing by on weekday afternoons instead for yum cha and have *merienda* fare like meatballs mixed with duck egg yolk and silky noodle soups. Summer months mean cold desserts like snow-soft Peanut and Black Sesame Shaved Ice (P160), or the signature Bellagio Breeze (P248). You’ll know it the moment a waitress walks by with a tall pile of shaved ice poured with fruits, milk, beans, and sweets. Kids’ eyes widen, jaws drop, and everybody gets a classic case of “I’ll have what they’re having.” Indulge that thought.

➡ **Torch by Peppermill**

63 Connecticut Street, Northeast Greenhills, San Juan City (tel. no.: 477-3771)

As fiery as it sounds, Torch is the coolest place to loosen your tie and roll up your sleeves this side of yuppie-centric Greenhills. It’s already a favorite of celebrities and VIPs looking to sneak in a bite or two without much fuss, but really, who are we kidding? Once you take several swigs of the Upside Down Mango Daiquiri Beer (P265), not much else will matter except the food tasting even better. Peppermill Catering’s foray into the restaurant scene delves into culinary Americana—think oven-roasted pizzas and addictive truffle fries—but also dabbles with Asian recipes resulting in an eclectic cross section of flavors. Just when you expect more sandwiches on the menu, out comes the Peppermill Sushi Roll (P399.95), soft-shell crab sushi with mango and salmon skin. Regulars vie for the Jabañero Glazed Salmon (P384.95) with mango salsa, as well as the manly half slab of Jabañero Baby Back Ribs (P484.95) paired with mango chipotle sauce and corn on the cob thrown in for good measure.

A Cheese Steak Pizza (P349.95) will keep kids and kids-at-heart satisfied, but given Torch’s fascination with fusion fare, keep your eyes peeled for daredevil Japanese rolls like the Peppermill Sushi Roll and Volcano Roll (P324.95), and a quirky Bagnet Pizza (P284.95) topped with eggplant and *Ilocos bagoong*. At 10 in the evening, Torch turns from comfort-food restaurant into bar and lounge, upping the ante with lively cocktails. Not satisfied? Come back hours later for a three-way breakfast challenge among buttermilk pancakes, hush puppies, and country fried steak.

➡ **Balkan Express**

87 Jose Abad Santos Street corner Mons Street, Little Baguio, San Juan City (tel. no.: 330-0945)

Eastern European cuisine is alive and thriving at Balkan Express, a busy outpost of Serbian cooking right in San Juan. On this side of Little Baguio, brothers Marko and Martin Batricevic serve no-nonsense meaty dishes—hearty Cevapcici beef links burgers (P180) and grilled Balkanski chicken kebabs (P330) wrapped in bacon—that are as close as possible to daily bites in Belgrade. Seafood doesn’t come cheap in landlocked Serbia, so cooking dwells on the carnivorous.

The evidence is in their Stuffed Pljeskavica (P320), cheese-stuffed meat cutlets spread over fries; fork-tender chunks of Beef Goulash (P230); and Butkiche (P1,400/kilo), massive pork knuckles that need to be ordered in advance. The frank and friendly Batricevic brothers are usually at hand to explain the ins and outs of their cuisine, so really, this is as authentic as it gets. Don't let the tongue-twister Slavic menu fool you; Balkan Express translates to savory, home-cooked comfort food in any language.

◆Hermanos Taco Shop

27 Granada Street corner Jose O. Vera Street (inside Petron station), Barangay Valencia, Gilmore, Quezon City (tel. no.: 570-8425)

More than anything, Hermanos makes you feel you're part of the extended *familia* swinging by for dinner or a quick snack. Not surprisingly, San Francisco native Chef Rene Rodriguez and his clan love feeding their customers a homey Mexican menu filled with golden-brown rolled tacos, crunchy chimichangas, and hefty portions of chicken fajita. "It's the food we've always loved in our family, and we'd like to share that with others," says stepdaughter Cindy Mora. The Fish Tacos (P150), tender crescents of dory in tortilla blankets, are dead-on delectable, while friends can fight over a plate of Carne Asada with Fries (P320) smothered in sirloin bits and salsa. Chat with Chef Rene or one of the siblings while sipping some of the house Horchata (P95), a thicker, milkier cousin of Singaporean barley, made with rice, vanilla, and a dash of cinnamon or munching on Cinnamon Crisps (P95). This cozy mom-and-pop tacqueria pit stop is as warm and welcoming as a fresh batch of quesadilla.

◆Papa John's Pizza

53-B Annapolis Street, Greenhills, San Juan City (tel. nos.: 721-9676, 722-2612); with branches in Robinsons Galleria, Mandaluyong City, and University Mall, Taft Avenue, Manila

More than two decades ago, a fresh graduate named John Schnatter started a humble pizza delivery service in his hometown of Jeffersonville, Indiana. It's grown by leaps and bounds since then, and today you'll find a Papa John's in thousands of locations scattered across the globe. It's finally arrived on Philippine shores with a family-style flagship branch in Greenhills raring to serve its signature oven-fresh pizzas. Other pizza



CLOCKWISE FROM BOTTOM LEFT A hefty pizza at Papa John's. Tender fish tacos at Hermanos Taco Shop. Borough's Chili Chicken Burgers and Mom's Milk and Cookies. The naughty French Toast and Foie Gras Duet at Blackwood Bistro.

chains might hold back on ingredients, but Papa John's stands out, priding itself in using only the freshest—from vine-ripe tomatoes for its sauce to hearty sausages without extenders to hand-tossed dough prepared just when you order. There are pasta and rice meals on the menu, but pizza is what this parlor does better than most. All pies (from P320 to P550) come with a single green chili pepper on the side for an added kick, and for crust lovers, the signature butter garlic sauce ready for dipping. For a sweet ending, have the Toffee Sansrival (P149).

◆Borough

G/F The Podium, ADB Avenue, Ortigas Center, Mandaluyong City (tel. no.: 570-8906)

Borough takes a bite out of the Big Apple, and presents some of New York's finest with a creative spin: Chocolate Chicken Wings (P280) for pickings; Café Habana-inspired





FROM TOP The highly praised Reuben Slabwich at Chuck's Deli. A bowl of Sesame Noodles with Peanut Sauce at Taiwanese café Shi Lin.

feel of Manhattan after dark, or a cavernous wing of Grand Central. Instead of trains clattering though, it's the rush of servers offering the likes of Chili Chicken Burger with Fries (P380) and Panko-encrusted three-way Mac and Cheese (P320). Feeling childish? Spoil yourself with oven-fresh cookies, a house specialty that's downed with shots of cold milk (Mom's Milk and Cookies, P190). Even better, Borough's open 24/7—just like the city that never sleeps.

➡ Shi Lin

3/F The Podium, ADB Avenue, Mandaluyong City (tel.: 477-4108; mobile no.: 0927-2560972).

Shi Lin takes its name from Taipei's neon-lit night market; a mealtime mecca of more than 500 buzzing food stalls each promising roasted, fried, and steamed delicacies. If you can't make it on the next flight though, head to The Podium's dimsum and noodle shop where you can sample, plump dumpling after dumpling, the closest thing to Taiwanese street fare within office distance. There's juicy *xiao long bao* to be had and crisp shrimp wontons ready for takers. Perfect for dates or off-the-cuff business meetings, Shi Lin gives you a broad view of restless Ortigas as you unwind over steaming bowls of Sesame Noodles with Peanut Sauce (P130) or Vegetable and Pork Wonton Soup (P140). Don't leave without having a plate of their dessert dumplings— piping hot taro or sweet red bean spills out with every bite. Smirk on your face and a bit of red bean under your chin, you can tell everyone you went to Taipei and back in less than an hour.

BONIFACIO GLOBAL CITY

➡ Chuck's Deli

G/F Serendra Piazza (driveway facing Market! Market!), Bonifacio Global City, Taguig City (tel. nos.: 576-4210, 846-1734)

This driveway deli at Serendra does one thing and one thing right: big, fat, and tasty sandwiches. It's a place of pilgrimage for sandwich lovers, many of whom passionately

take sides when it comes to the issue of their favorite "slabwiches." It's a no-holds-barred free-for-all with heavyweight contenders like the Faking Duck (P185) with noodle crisps and hoisin sauce, a messy Reuben (P275) that calls Katz's Deli to mind, and the Buffy (P255)—a rough-and-tumble ciabatta filled with spicy Buffalo chicken and garlic sauce. Slay this beast in less than five minutes, and your slabwich is on the house. (Plus you get a trophy shirt to flaunt your ravenous appetite.)

While wiping mustard from your cheek, face off against subwich hoagies like the Italian sausage Gladiator or Philly Cheese Steak (P295) jam-packed with beef, peppers, and onions. Backup comes in the form of double-fried fries (P85) and sweet potato crisps no one can say no to. Chuck's is not the place for dainty eaters; there's salad to be had, but nobody will forgive you if you cry about those extra carbs. Speaking of which, don't dare back down from the three-scoop milkshakes (P165)—chocolate and strawberry, but also avocado and *quezo real*. It's an uphill battle, but you'll feel like a champ right after.

➡ Blackwood Bistro

G/L The Venice Piazza, McKinley Hill, Taguig City (tel. no.: 659-4409; mobile no.: 0921-7237341)

You've heard of Blackwood's Buffalo crab claws by now; yuppies and expats feasting on succulent exposed crabmeat that's ripe for dipping in chili and blue cheese. What you may not have heard is that the restaurant's source of crabs is also one of America's top suppliers of crustaceans. Quality's the keyword here. From sweet and tangy Crab and Mango Salad (P325) to playful Crab Cakes Benedict (P395), crab is big on the menu, but not the only star of the show.

Co-owner Jun Jun de Ocampo and friends had been fantasizing about opening a restaurant before Blackwood set up shop in McKinley Hill. "I had wanted something of my own for years," admits Jun Jun who's also the culinary brains behind the menu. "Here we use classic French and Italian techniques to play around and come up with meals customers will keep thinking about even when they've left." Case in point: a naughty French Toast and Foie Gras Duet (P595)—bread dripping with black cherry and chocolate ganache, while the duck liver's torched with cinnamon and sugar. It's a racy affair, one that's matched by the Chicken Parmagiana paired with grilled tiger prawns (P525). A

Cubano Corn on the Cob (P120) sprinkled with Parmesan cheese and cayenne peppers; and The Elvis (P190), Chef Cuit Kaufmann's take on the sinfully deep-fried peanut butter and banana sandwich that The King of Rock lusted for after every gig. This time though, it's served with coconut *dulce de leche* and sour cream. Residing in a nondescript corner of The Podium, this dimly lit diner evokes the

batch of gingerly made ricotta, gorgonzola, and cream cheese-stuffed Ravioli (P395) also makes a good argument for seconds. Even better, next door is Pinchos, Blackwood's sister pub that serves spruced up tapas and *pulutan*. Pair your Stella with *sisig* on sticks, and heck, call in another order of crab claws. It's class and comfort rolled into one.

➡ 2nd's

2/F Wumaco Building, 9th Avenue, Bonifacio High Street, Bonifacio Global City, Taguig City (tel. no.: 846-5293)

Paying a visit to Bonifacio High Street's newest secret is like walking onto the set of *Mad Men* or *Boardwalk Empire*: Wooden double doors swing open to a spacious lounge from the Rat Pack years with plush couches, dark chocolate brown accents, and green-hued accountant's lamps. The interiors exude urbane sophistication, a level of classiness that never goes out of style. "We'd like to think we cater to young people with old souls," says co-owner BJ Albert, who, with eight other friends including a filmmaker and a chef, fine-tuned their ideas for a meet-and-eat place into an intriguing dining destination. 2nd's is their brainchild and though it might look and feel moneyed, the menu is downright homey. Salads like The Brutus (P350), with bacon *chicharon* and an anchovy dressing, will make you think twice about the virtues of dieting, while Jamon Serrano and manchego sandwich triangles (P375) beg to be savored bite after eager bite. It's no surprise that comfort food is king here then—a gratin of Swiss cheese on lamb *kaldereta* (P590) and truffled mac and cheese (P345) sprinkled with potato chips are among other easy pleasers. Have a batch of cornflake-encrusted buffalo chicken lollipops (P295) to take you back to kiddie birthday parties, or if you're looking to spoil someone—yourself, yes—finish on a sweet note with leche flan-stuffed *turon* (P175) coupled with *mantecado* ice cream. Swing by for a malt and cigar, or better yet, book the boardroom at the back for your own personal mafia-style party. If dining were always this good, the only crime would be not going back for seconds.

➡ Chef's Table

106 Infinity Tower, 26th Street, Fort Bonifacio Global City, Taguig City (tel. no.: 399-1886)



CLOCKWISE FROM BOTTOM LEFT Sandwich triangles filled with Jamon Serrano and manchego cheese at 2nd's. A chocolate butterfly perched on a Sweet Bella fruit tart. *Lapu-lapu* atop ube mash at Chef's Table. Bruce Lim in the kitchen. Delicious Indian at Namaste.

The focal point of Bruce Lim's new bistro is its wide, open kitchen set like a live cooking show where you can watch and listen to the bustle and frenzy of the crew as they whip up dish after dish of modern Filipino fare. "I want to educate people about Filipino food," explains the TV chef as he paces the kitchen floor, "It's twisted comfort food, no MSG added. You won't taste it and say, 'Pare, magic lang 'to!'" His travels around the country inspire him to use local ingredients—llocos vinegar, *kilawin* from Tabon-Tabon, *lambanog* from Quezon—coupled with French techniques that yield eyebrow-raising results. Take a trip to Davao with a durian-infused salad (P310), or savor prawn *aligue* mixed in warm *sotanghon* (P350). *Balikbayan* guests will fall for the *kalderetang itik* served with chili sauce (P480), while Bruce's take



on oxtail *kare-kare* (P450) has a novel twist. "Foreigners might hesitate when faced with *bagoong* so instead, I use eggplant caviar." It's not as intense as locals might want, but it's a welcome substitution nonetheless. As dinner turns to drinks, sip an NCR cocktail topped with *sili*. Bite into it, drink, and let the flavors overflow. But whether it's lunch with the family or a night out with the usual suspects, don't leave without having the addictive Buko Pie Martini (P150). It's a marriage of flavors and textures—hot cream, a subtle sweetness, and fine crust all in one. A single glass is never enough, and you'll be talking about it for days.



FROM TOP Restaurant and nightspot Robot dabbles in molecular gastronomy. The tempting L'Entrecote Salad, Steak, and Fries at L'Entrecote.

eating here gives new meaning to the term eye candy.

➡ L'Entrecote

Unit A Bellagio 2, Forbes Road, Burgos Circle, Bonifacio Global City, Taguig City (tel. no.: 856-4858)

L'Entrecote follows in the footsteps of several restaurants in France and Switzerland that exclusively serve sirloin steak with fries on the menu. It's from this celebrated tradition that Geneva-born chef Martin Kaspar takes inspiration, offering up mouthwatering dishes for rarefied tastes. Don't be fooled by the sparse menu; quality more than makes up for quantity starting with the L'Entrecote Salad, Steak, and Fries (P880), a core combo of refreshing house salad, unlimited fries, and grilled US steak topped with a special herb butter sauce that will keep your taste buds guessing. (Chef Martin simply chuckles when asked about its ingredients.) There's also a supporting cast of other dishes including sinful Foie Gras Terrine with Apricot (P660), lip-smacking Cheese Fondue Bites (P240), and a selection of stellar steaks—tomahawk, wagyu, and kitayama. For dessert, there is a Raspberry and Walnut Ice Vacherin Cake (P180). Ask the staff for their selection of wines, and drop by on Thursdays for some excellent Swiss cheese fondue.

➡ Sweet Bella

Forbes Road, Burgos Circle, Bonifacio Global City, Taguig City (tel nos.: 844-0680, 392-7571)

It's hard not to fall for Sweet Bella's playful French boutique hotel looks: vibrant pinks and mocha browns surrounded by modern art all while you while away the time over cake and coffee. What used to be and still is a thriving home bakery business has also found a new home at Burgos Circle. Sure enough, Chef Christina Rivera still plies fan favorites like luscious strawberry tarts and addictive Chocolata cakes that have made Sweet Bella a big hit in the past. "Some people asked me why I opened up a store just now. [The] quality of ingredients is very important. I can confidently say that that's what you'll get here." Look for delightful creations from the hot kitchen: pancakes with homemade blueberry syrup, buttery *ensaymada*, and piping hot pizzas. Coupled with the amazing array of desserts (and the signature chocolate butterflies),

➡ Namaste

Unit 1A, Burgos Circle, Forbestown, Bonifacio Global City, Taguig City (tel. no.: 403-6088)

There's a bit of Bollywood brewing at Burgos Circle thanks to Namaste, a new diner that takes you across India and back in the span of a satisfying meal. If anything, it's a welcome opportunity for couple Komal and Sanjay Khanchandani to showcase once again (they run Swagat in Legazpi Village too) their well-loved family recipes, and, thanks to a new tandoor clay oven, serve more ambitious specialties. Look for Northern Indian cuisine: spice-infused lamb and chicken stews like Roghan Josh (P290); feisty kabab choices like Chicken Malai Kabab (P140) and Chicken Rashmi (P140); and vegetarian options even meat-eaters will appreciate like Paneer Tikka (P140) and

Malai Kofta (P180). Bread comes out hot and fresh from delicate papadom to puffy puri to buttery garlic naan ready for dipping. Don't leave without sampling the Gulab Jamun (P80), deep fried dough in syrup, or chewy Coconut Burfi (P125), an Indian *bocayo* with nuts, coconut, and cardamom. Namaste serves amazing, authentic Indian food that's reasonably priced.

MAKATI

➡ Robot

7921 Makati Avenue corner Sto. Tomas Street (beside Peninsula Manila), Makati City (tel. no.: 812-8800; mobile no.: 0917-51ROBOT)

Urban nightlife launches in a stellar new direction with the debut of Robot, one of Makati's hip new lounges where fashion and food collide amid the hypnotic beats of stereophonic bliss. With interiors taken from a sci-fi flick, you'll navigate your way past mirror walls and see-through flooring before reaching your table. From your corner of the future you'll get a panoramic view of the kitchen where a whirlwind of activity transforms everyday grub into avant-garde designer dishes. Robot's cutting edge menu is the brainchild of gastronomists Niño Laus and Ed Bugia who've spliced together modern Japanese with "molecular gastronomy," that budding branch of cooking that uses equal parts kitchen finesse and mad science, to create fashion-forward distinctive fare.

Whip out your camera when you order eye candy like their foamy Japanese Bouillabaisse (P370) with prawn and seafood skewers nestled in a martini glass, or Chilean Seabass (P1,175) coupled with uni ravioli and a bed of blood orange-hued sago pearls. Go all-out Japanese with rolls of smoked tuna belly (P300) wrapped and fried in crisp tempura fashion, but lurking elsewhere in the menu is a Chocolate Hazelnut Mousse (P340) that gets updated with a tinge of wasabi that will tickle your palate. Kick back with some killer cocktails; immerse yourself in mesmerizing tunes spun by Manila's best DJs, then resurface for seconds. Robot draws inspiration from the *mecha* subculture of Japanese anime, and just like the rumbling, lumbering steel giants that make the hearts of fanboys everywhere skip a beat, the dining experience here feels larger than life.

➡Bistro Mondo

4893 Durban Street corner Ebro Street, Barangay Poblacion, Makati City (tel.: 519-0042).

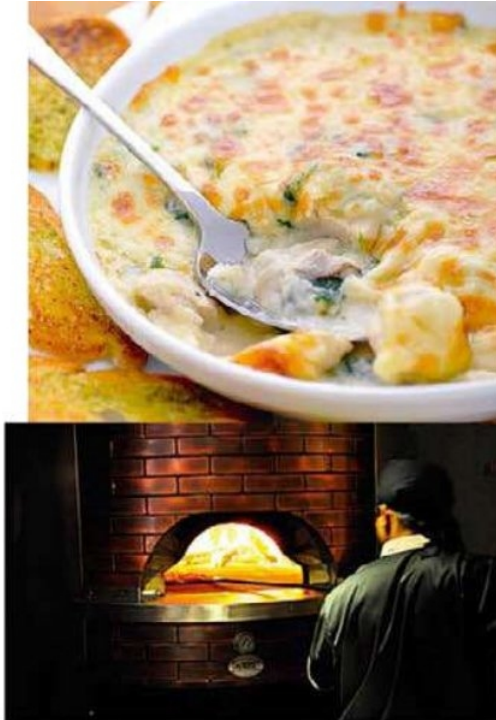
Leave it to chef Steven Scudder of Paper Moon and Aresi fame to keep pushing the envelope. At his new enterprise, the gleaming new Bistro Mondo, fans of his cooking can relish dinner over drinks and degustation. "This is French and Italian cooking plain and simple, but with North American influences," says the affable chef who originally hails from Toronto. Look out for expatriates and businessmen wining and dining over continental cravings such as crunchy salads tossed in with smoked ham and shiitake (Chop Chop Salad, P310), or juicy pork tenderloin drizzled with a racy mandarin and green peppercorn sauce (Pork Tenderloin Alla Bistro Mondo, P425).

Swing by the outside bar and check out Bistro Mondo's Italian wood fire oven in action, churning out fresh pizzas within minutes. There's a wide choice of meat and seafood thin-crusts, but should you want a more personalized pie, the kitchen staff is always willing to indulge your relished requests. "Really it's up to you," Chef Steven explains as he inspects an order of the Bistro's Special (P390)—savory bacon and quail eggs on bubbling cheese. "If you want to add a few changes [in your pizza], tell us. You can have an infinite number of pizzas if you'd like!" Among other easy pleasers, the succulent Pugon Chicken (P425) stands out. Cooked in garlic and herbs then given the same wood fire treatment, it's almost like a small Thanksgiving turkey. But is there anything sincerely local about Mondo's menu? "What's Filipino here is that all the dishes are meant for sharing," says Steven with a wink. In this case, sharing Bistro Mondo's best with your fellow diners is its own reward.

➡KYSS

5345 General Luna Street (facing A Venue), Makati Avenue, Makati City (tel. no.: 519-6926)

From the moment you're served a bucket of Truffle and Honey Popcorn (P170) all the way through dinner and to spoonfuls of Lavender and Rose Petal Panna Cotta (P220), dining at KYSS feels like being romanced by the kitchen staff. Hardly your usual bar chow, every recipe worth savoring in this urban pan-Asian lounge is carefully crafted by Chef Pierre Tan, from



CLOCKWISE FROM BOTTOM LEFT The wood-fired oven at Bistro Mondo. Baked Cheesy Chicken Dip at Bistro Mondo. A plate of Deconstructed Adobo at Kyss. Magyar's Lamb Paprika with Spaetzle.

batches of Pumpkin Blossom Tempura (P350) to tangles of sumptuous Lobster Alique Fettuccine (P950). Radical sushi rolls like the kimchi-stuffed Seoulful (P270); the Spamago (P270) with bulldog sauce; and the Poseidon (P270), rich caviar and salmon wrapped in rice and fried garlic bits, will keep you guessing all night. Constantly refining recipes by helping himself to ingredients from a wide range of different sources—unagi, *nilasing na mangga*, and truffle essence among his favorites—Chef Pierre lets his food leave a lasting impression on diners long after they've left. "We're planning more 'kiss-ful' dishes like our Four-Cheese Truffle Pizza (P520)—Cheddar, mozzarella, blue cheese, and Gruyère all the way. It's going to make people say wow."

In the meantime, you'll more than make do with the signature Deconstructed Adobo (P410) with pork belly and Chicken Roulade (P410) stuffed with *kangkong* and drunken mango, stray slices of baby tomatoes on the side. Like most dishes, the *adobo* is served on a long plate, almost like a canvas for some of KYSS' more artsy fare. Thai, Indian, and even Mexican flavors get drawn in as well into this riotous affair. Make sure you experience KYSS and tell others about it.

➡Magyar

G/F Magallanes Center, Paseo de Magallanes, San Antonio Street, Makati City (tel. nos.: 985-9497, 852-0376)



Fiery paprikas, meaty stews, and hearty meals describe Magyar, a quaint new entry to the Magallanes dining strip. Showcasing a cast of Hungarian dishes, Magyar delves deep into the largely unexplored world of Eastern European cuisine, revealing some peculiar and tantalizing recipes that go over and beyond the usual supermarket-variety sausages. Look for Langos (P110), potato pancakes dripping with cheese, garlic, and sour cream, or robust Goulash (P290) served in boiling pots the way shepherds eat in the countryside. Each order is chock full of carrots, potatoes, and bell peppers, and is the centerpiece to any meal at Magyar. Have some Stuffed Chicken and Pork with Chestnut (P295), savor some Lamb Paprika (P325) with Spaetzle or warm egg noodles, or, even better, opt for the new set lunch menu for sizeable samplings of schnitzel or meatballs with soup. For a sweet finish, end with Apple Strudel (P185) or any other of their luscious desserts that recall the royal bakeries of old Hungary, like Magyar Mousse (P125) and Debrecener Cake (P90).



FROM TOP Set menus make Bistecca a no-fail lunch destination. A table at Bistecca. The Chorizo Ensaymada Burger at Offbeat Café. Ultimate Pork Chops at Lu.

Lu

G/F Joya Building, Joya Drive, Rockwell Center, Makati City (tel. no.: 403-3991)

Lu's menu looks like a page out of National Geographic: Fried Hainanese Chicken (P450), Thai-Spiced Lamb Tenderloin Satay (P450), and Chipotle Crab Cakes (P325) with *calamansi* dressing. It's Luis de Terry's fascination with cuisine without borders that has led to an eclectic cross-cultural mealtime milieu that's as much a feast for the eyes as it is for even the strictest of taste buds. Among Lu's new offerings for 2011 are some obvious winners like the *chicharon*, *lechon kawali*, and peach *cuapao* combo that has different textures—crunchy and chewy, soft and crispy—colliding with every eager bite. Carnivores can sink their forks into the Ultimate Pork Chop (P595) drizzled with bright *achuete*, or sample mouth-watering Fried Hainanese Chicken dripping with amazing flavors. A light Lemon Glazed Yogurt Cheesecake (P245) with cinnamon undertones round things out with a refreshing taste. Watch out for other unexpected creations from Luis's bustling kitchen.

Bistecca

122 Joya Tower, Rockwell Center, Makati City (tel. no.: 403-5231)

Bistecca puts a premium on prime ribs and exquisite steaks; and with their new lunch offerings, there's more reason to swing by, preferably bringing along a Texas-sized appetite with you. "We're serving food that's quicker and more price-conscious for the lunch crowd," says owner Joey Esteban. "But this is still Bistecca, and we're never one to scrimp on quality and portions." Expect them to keep to that promise with hefty contenders like the brawny 122 Prime Rib Lunch Set (P1,000) that's 200 grams of carved protein bliss served with soup or salad and a dessert. Other tempting lunch sets to set your party straight: A glazed mass of fall-off-the-bone Baby Back Ribs (P950) or crisp Southern Style Fried Chicken (P650) smothered with pepper gravy. But leave room for new creations like Truffled Mac and Cheese (P500) as well. There's even more

to come during the summer months; look for Champagne promos and mouthwatering surf-and-turf sets that will leave you smitten.

Offbeat Café

The Collective, 7274 Malugay Street, Makati City; also at Mercato Centrale on weekends

If you frequent Mercato Centrale, then you've probably met Mickey Wieneke and his Offbeat Donut Burger (P190)—a jaw-dropping stack of beef, bacon, cheese, and egg sandwiched between halves of Krispy Kreme original glazed doughnuts. "Some people are shocked, some are impressed, and one person actually screamed and walked away," says Mickey about his experience at The Fort's weekend market. Once your mind copes with the concept of marrying a donut to a burger, this hefty hybrid displays some subtle and exquisite interplay between sweet, savory, and salty flavors. Indulge in other guilty pleasures at Offbeat's home base at The Collective: Take on the Chorizo Ensaymada Burger (P170); size up a platter of bacon-wrapped Pigs in a Blanket (P170); or, for the devil-may-care, dare yourself to an order of heart-stopping Bacon Fries (P150) with a jalapeño cheese dip. Wash everything down with cold melon beer, then slowly sink into Offbeat burger bliss.

Wabi-Sabi

The Collective, 7274 Malugay Street, Makati City (mobile no.: 0918-4501714)

Tucked among the artsy shops in the Collective is Wabi-Sabi, a quirky little noodle house where owner Ibarra Padolina and his crew whip up bowl after steaming bowl of vegetarian Viet Pho (P95) and Shoyu or Miso Ramen (P95/P105). One look at the pictures of grinning customers scattered across the store wall—one side rooting for "Fernando Pho Jr." and the rest, avid fans of "Ramen Padilla"—explains it all.

There's something for everyone here like mushroom-stuffed Vegetable Potstickers (P45) and mouthfuls of plump Mushroom Siomai (P55). Meat-eaters shouldn't feel deprived as well; Wabi-Sabi's dishes creatively use vegetable meat, textures, and flavors running the gamut from the spam-like to the *tocino*-worthy. "It's vegetarian food, but that doesn't mean it can't be fun," says Ibarra. Munch on Vegetarian Cracklings

(P40) or sink your teeth in crusty Bahn Mi (P150) loaded with fresh carrots and cucumber, refreshing cilantro, and slices of savory luncheon meat. Check out their upcoming anniversary special featuring an eat-all-you-can vegetarian food fest.

PASAY CITY

Opus

2/F Newport Mall, Newport Boulevard, Resorts World Manila, Pasay City (tel. nos.: 856-0128, 856-0914)

Resorts World might be raising restaurants left and right, but still rocking its epicenter is the smoking hot party hub that is Republiq. Opus is Republiq's answer to opulent dining, an orchestrated effort by 13 of the country's top nightlife icons including culinary masterminds Carlo Miguel and Fernando Aracama. With them at the helm, you can savor a delicate assembly of Unagi and Seared Foie Gras (P580), or truffled Quail and Bacon Ravioli (P390) that will leave you weak in the knees. Dry-rubbed Porkloin (P450) with spiced apple will keep carnivores happy, but it's Opus's lounge fare that will keep you going all evening—from drinks to the dance floor. Fill up on Modern Boneless Buffalo Wings (P320), Wagyu Sliders with Bleu Cheese (P480), or for that much needed jolt of sugar, the Maestro (P240), a scoop of peanut butter ice cream with vanilla foam resting on a hot fudge brownie. Dine against the backdrop of blown up Renaissance paintings in this ode to food turned art and vice versa.

Cru

G/L Marriot Manila, Newport City Complex, Pasay City (tel. no.: 988-9999 local 8109)

You've heard it by now: When it comes to steaks, Cru is the byword for superb quality. The best cuts of meat, hand-seasoned, and diligently, almost religiously, prepared by sous chef Ralph Hubilla. This is not a place for the faint-hearted, where lush arugula salads come topped with grilled baby octopi (P480), and plump tiger prawns are cradled in spicy gumbo (P320). Steak, of course, reigns supreme in this modern ode to meat, with well-marbled Australian and US Prime beef (check Chef Ralph's meat cooler for his latest pickings). Among the choices are US Prime Beef (P1,800 to P1,900),



CLOCKWISE FROM BOTTOM LEFT Maestro at Opus. Vegetarian ramen at Wabi-Sabi. Sweet, crispy eel at Passion. Top-grade steak at Cru.

Australian Angus Beef (P1,600 to P1,800), Cru Signature Prime US Beef (P2,200 to P2,900). Your order can be seasoned two ways: The Cru 14 is a buttery compound of 14 different ingredients that seeps into the meat, while the Cru Spice adds two secret elements to the mix, and leaves a textured coating of flavor. If anything, Cru is the perfect excuse to spoil the carnivore in all of us. Plan ahead, gather a group, and sharpen your steak knives.

Passion

2/F Maxims Manila, Newport Boulevard, Resorts World Manila, Pasay City (tel. no.: 836-6333)

Whether it's *yum cha* for two or a grand lauriat, everybody's welcome at Passion, Maxims Hotel's temple to Cantonese cuisine right in the heart of Resorts World. Dining here is the next best thing to booking a flight to Hong Kong, and everything unfolds in either Passion's vast hall (it easily



fits 400 guests), or for more intimate eating, private function rooms, where you can fuss over twenty different kinds of dimsum. Everything's meant to be relished, from spoonfuls of scallops with century egg (P346 four four pieces) to bite-sized pieces of crunchy sweet eel (from P503). There's xiao long bao (P188 for four pieces) to be had too, each one luscious and delicate, while US beef on beds of warm and fluffy mantou bread (P628 for four pieces) make for a welcome delight. The army of 52 chefs at Maxims work around the clock catering to casual diners during regular hours, while satisfying the culinary cravings of casino high rollers at any time of day or night.



FIND YOUR WAY TO THESE RESTAURANTS!

To get the map location of a featured restaurant in this story, text **YUMMY RESTO** <restaurant name> to 2640. P15/MMS.

Yummy Deals

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ANNABEL'S RESTAURANT



One of the most well-known restaurants in Tomas Morato, Annabel's Restaurant is sure to delight you with the combination of international and continental cuisines. Dine in a cozy garden ambiance and experience great service in this fine dining restaurant. Annabel's is also perfect for special occasions like weddings, birthdays and conferences as they offer various function rooms for such events. Be sure not to miss their buffet meal with their famous array of dishes. You can avail of their eat all you can buffet, which is served during lunch, for only P895.

Come and dine at Annabel's Restaurant located at 194 Tomas Morato, Quezon City, Philippines with tel. nos. 924-4131 to 34.

Annabel's

15 WINNERS EACH GET P1,000 BIGBY'S CAFÉ & RESTAURANT GIFT CERTIFICATES

If you're looking for a great restaurant to dine in, Bigby's Café & Restaurant is one great choice! Being in the business for over a decade now, this restaurant that originated from Cagayan de Oro has indeed given meaning to the word 'success'. Owners Henrik Kelly Yu, Joanna Cris Yu and Catherine Genabe opened Bigby's Café & Restaurant back in 1998 in Cagayan de Oro, and have since then opened branches in Visayas and Mindanao, and most recently in Manila. This travel-themed restaurant doesn't disappoint diners as they offer a wide array of affordable dishes. Explore their menu that offers international cuisine from American, Italian, Mexican to Japanese, and even some local specialties.

Drop by a Bigby's Café & Restaurant with branches in Megamall, CDO, Davao, Gensan and Cebu. Visit <http://www.bigbyscafe.net> to see a list of their branches. Tel nos. 706-5642, 499-9035 Megamall branch.



Freebie Code: BIGBY'S



Freebie Code: PLANTATION

15 WINNERS OF P1,000 WORTH OF GIFT CERTIFICATES
FROM THE PLANTATION BAR AND BISTRO



Offering a mix of continental comfort food and Bicolano specialties, The Plantation Bar and Bistro is a must-try for everyone who happens to drop by Makati. The restaurant, which opened just last January, has already attracted a lot of buzz and clients for their delectable variety of dishes at an affordable price. Not only is this laid-back ambiance ideal for full meal diners, it also serves as a bar where friends and co-workers can enjoy their P55-beer all day. Now that's a good deal! Experience that and more with their tasty food choices that will surely make you want to come back for more!

Visit The Plantation Bar and Bistro located at G/F SCC Building, 106 Carlos Palanca Street, Makati City with tel. no. 501-5727.

The PLANTATION

WIN BIG WITH YUMMY DEALS!

MECHANICS:

E-mail your complete name, gender, birth date, mobile number/s, landline, email address, complete home address and the freebie code of the prize you want to win to promos@yummymag.com.ph with Yummy Deals April 2011 as the subject.

This promo is open to all readers of Yummy. Entries will be accepted from April 1-30, 2011, 11:59 PM.

The entries will be manually raffled off on May 4, 2011, 2:00 PM at the Summit Media office located at the 7 floor of Cybergate Center Tower 3, Pioneer St., Mandaluyong City in the presence of a DTI representative. Eight (8) winners will win P1,800 worth of gift certificates from Annabel's restaurant, fifteen (15) winners each get P1,000 Bigby's Café & Restaurant gift certificates and fifteen (15) winners of P1,000 worth of gift certificates from The Plantation Bar and Bistro. Winners will be notified via phone call, email and registered mail. A person can win only once. Winner will get the prize of higher value if drawn more than once. When claiming the prize, please present the following: valid ID matching name used to enter the promo + letter of notification + YUMMY's April issue. Prizes may be claimed at the 7/F, Summit Media, Cybergate Tower 3, Pioneer St., Mandaluyong City, Monday-Friday 10am- 3pm. Provincial winners will receive their prize through courier. Redemption period is 60 days from receipt of notice. Prizes are not convertible to cash. Unclaimed prizes outside of redemption period will be forfeited in favor of Summit Media with prior DTI approval.

Employees of Summit Media and partner sponsors for this promo including relatives up to the second degree of consanguinity or affinity are not qualified to join this promo.



From Rachelle's kitchen

Food editor **Rachelle Santos** shares a recipe, kitchen tips and advice, and gotta-know culinary info.

RECIPE FILE

Green Tea Crème Brûlée

The classic French dessert gets a dose of Asian flavor. Delightful!

In a saucepan, combine **1¼ cups fresh milk** and **⅓ cup sweet green tea powder** (available at supermarkets and Asian stores). Over low heat, scald milk and stir until green tea dissolves. Add **1¼ cups heavy cream** and mix well. In a bowl, beat together **2 eggs, 3 egg yolks**, and **2 tablespoons sugar**. Pour one-third of the milk mixture into the eggs and whisk to mix. Add the rest of the milk mixture, mix well, and strain. Divide mixture equally among 6 small ramekins. Bake in a bain-marie in an oven preheated to 325°F for 30 to 35 minutes or until a toothpick inserted in the center comes out clean. Chill. When ready to serve, sprinkle each ramekin with **1 tablespoon sugar**. Using a blow torch, caramelize the sugar until golden brown. Serves 6.



JUST ASK!

Q How long and how wide exactly is a thumb of ginger? Also, is there an easier way to peel ginger?

A A thumb of ginger is often called for in recipes because the root grows in chunks that resemble a human thumb. A typical ginger "thumb" measures 1-inch-long, ¼-inch-wide, and ¼-inch-thick. When minced, this yields 2½ to 3 teaspoons of ginger.

For an easier and safer way to peel this knobbed root vegetable, set aside the knife and peeler. Use a spoon instead. The ginger's skin is thin and soft enough for a stainless spoon to easily scrape it off.



QUICK TRICK

Clean and green fixes

Cleaning your kitchen with chemical cleansers may leave your countertop spotless, but such toxic chemicals are notorious for causing indoor air pollution. Keep your home safe and eco-friendly by making your own natural cleansers using everyday pantry items. For gleaming countertops and tiles, sprinkle surface with baking soda, then scrub with a moist cloth or sponge. Remove stains and grease streaks by simply spraying tiles with lemon juice or vinegar. For an all-purpose disinfectant, mix together in a spray bottle 2 cups water, 3 tablespoons liquid soap, and 30 drops of tea tree oil. Clean, simple, and approved by Mother Nature!



No need to wait for the weekend market to get your free-range, organic chicken. Pamora Farm's free-range chicken is now stocked in the freezer section of Unimart, select Shopwise, Rustan's Supermarket, and SM Hypermarket outlets.

Step by step: Storing salad greens and more

From extending the life of salad greens to packing a cooler properly, follow these steps for a yummy summer.

Making apple chips



1 Wash and core a Fuji apple; slice thinly. If you want, you can soak the slices in a solution of lemon juice and water to prevent them from browning. **2** Place the apple slices on a parchment paper-lined baking sheet and bake in a preheated 250°F oven until crisp, around 60 to 90 minutes. **3** Sprinkle the chips with cinnamon sugar, if desired. The chips are best when consumed immediately.

Three tips to keep salad ingredients fresh



1 Place washed greens on a clean tea towel. Carefully roll up and secure with rubber bands on each end. Store in the refrigerator until ready to use. **2** After washing and spinning the salad greens dry, keep them in the salad spinner and stash it in the fridge. **3** For vegetables to be used in fresh salads, soak them in a bowl of water mixed with a little baking soda. The dirt from the vegetables will settle to the bottom of the bowl.

Cooler-packing tips



Have a separate cooler for drinks and food, as the cooler with the beverages will most likely be opened more often. Also, pre-chill the beverages.



Instead of ice cubes, you can use store-bought ice packs. They keep cooler longer, and if there is a freezer at your destination, you can freeze them again. It saves water!



For coolers that you'll use to keep hot food, wrap containers in foil and use kitchen towels to fill up the spaces. The towels will keep the food warmer longer and prevent the containers from moving around.

D-I-Y: Korean Chicken Wings



The mix of sweet and slightly spicy is a slam-dunk! Bonus: Baking the wings in the sauce makes them D-I-Y easy, and keeps them especially moist and tender.

What you need

For the marinade

- ☐ 1 (1-inch) piece fresh ginger, minced or grated
- ☐ 5 cloves garlic, minced
- ☐ ½ small onion, minced
- ☐ 1 to 1½ tablespoons chili garlic paste (we used Lee Kum Kee Chili Garlic Paste)
- ☐ 1½ tablespoons sesame seeds
- ☐ 2 teaspoons sesame oil
- ☐ 6 tablespoons soy sauce
- ☐ 3 tablespoons brown sugar
- ☐ 3 tablespoons honey

- ☐ 16 chicken wings
- ☐ chopped spring onions for garnish

What to do

- 1 Preheat oven to 400°F.
- 2 In a large bowl, place all ingredients for the marinade; whisk well.
- 3 Place chicken wings and marinade in a sealed plastic bag and marinate for 2 hours or overnight in the refrigerator. Turn the bag over every few hours to marinate all wings evenly.
- 4 Transfer chicken wings to a foil-lined baking pan or tray.
- 5 Brush marinade over chicken pieces, then place tray in the preheated oven. Bake for 30 to 40 minutes until tender and sauce has caramelized into a dark golden brown. Turn once during cooking, brushing with more sauce if needed. If desired, wrap wing tips in foil midway through baking to keep them from burning. Garnish with spring onions. Serves 4 to 5.

tip For crispier wings, deep-fry 'em instead. Boil the marinade in a saucepan until thickened. Toss together and serve!





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3. Every 10th unique user to subscribe to the Summit Promo Alerts service automatically wins P15 load. Only the first registration to Hand.Interactive's Promo Alerts will be counted for the texter to qualify. Subsequent opt-outs and opt-ins will not be counted.
4. All entries must be in by May 31, 2011 11:59 p.m.
5. Grand draw will be held via electronic raffle on June 2, 2011, 5:00 PM at the Summit Media office. A DTI representative will supervise the drawing of the winner. There will be three winners drawn. Each winner will select the prize he wants from the ff: one (1) Playstation 3, one (1) Apple iPod, or one (1) Forever 21 Shopping Spree worth P15,000.
6. A participant can only win once per draw. Winner will be notified via mobile phone, telephone, and registered mail. When claiming the prize, please present the following: two valid IDs, the notification letter sent via registered mail, the SIM card of the number used to register and text the entry. The prize may be claimed at the Summit Media office located at the 7th Floor of the Cybergate 3 Building Pioneer St. Corner EDSA, Mandaluyong City. For provincial winners, Hand.Interactive will send the prize via courier. Hand.Interactive will also shoulder the shipping cost. If the winner is a minor, a parent or guardian upon claiming the prize must accompany him. Hand.Interactive will allow an authorized representative provided that he/ she has all the requirements to be presented in claiming the prize including an authorization letter duly signed by the winner. Redemption period shall be within 60 days from receipt of notification. Otherwise, it will be forfeited in favor of Hand.Interactive with prior DTI approval.
7. All employees of Hand.Interactive, Summit Media, Globe Telecom, Sun Cellular, Smart Communications, Innove Communications, its agencies and their relatives up to the second degree of affinity or consanguinity are disqualified from joining the promo.
8. For inquiries, please call (02) 672-7201 ext. 5 9am to 5pm, Monday to Friday.

In the *kid*-chen



Macaroni and Cheese for Kids

When it comes to comfort food for children, mac and cheese is a classic. If you don't have a signature recipe yet, try this one! This wholesome homemade version is tasty—and so easy to make.

What you need

- ☐ ¼ cup milk or cream
- ☐ ¼ cup chicken stock
- ☐ ½ cup grated quick-melt cheese
- ☐ 2 tablespoons butter
- ☐ 2 cups cooked macaroni (or other short pasta)
- ☐ sliced sausage or mini hotdogs for topping (optional)

What to do

- 1** Place milk or cream in a large mixing bowl. Pour chicken stock; mix.
- 2** Add the grated cheese and microwave for 1 minute.
- 3** Stir until cheese is completely melted.
- 4** Add butter; mix well until butter has melted.
- 5** Fold in cooked pasta. Combine until sauce is well incorporated.
- 6** Top with sausage or hotdog slices, if desired.

tip Want to add another layer of flavor? Aside from sausage, you can also use bacon bits or cubed ham for topping.



ADVERTISING FEATURE

What's
YUMMY?

NEW PRODUCTS TO ADD ON YOUR
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April's Most Delicious



Crispy To The Bone

Make your bonding at home, simply irresistible with CRISPY FRY. Cooking a delicious CRISPY FRY chicken is so simple and easy, it can be done in three steps: (1) WASH the chicken, (2) COAT with CRISPY FRY, and (3) deep FRY 'til golden brown. With CRISPY FRY, there's no need to marinate the chicken. It is a complete breading mix that guarantees the crispiness and yumminess of fried chicken. It comes in three flavors: Original, Garlic, and Spicy; and also offers a pack with a gravy mix that can make half a liter of rich, flavorful gravy. So next weekend, why not spend it at home, bonding together over some crispy-licious CRISPY FRY Chicken? You and your family will surely find staying at home together, simply irresistible!

A Dinnerware To Remember

World Kitchen's CORELLE brings a breath of spring to Philippines this month with the launch of a new dinnerware pattern - Dancing Floral. The collection has a unique asymmetrical design, embellished with sprays of vibrant spring flowers swaying to the breeze; definitely a joy to have at the dinner table and all dining occasions. The new design is embellished on



CORELLE's revolutionary Viterelle material, a durable three layer glass sandwich construction that is lightweight, break and chip resistant and prevents permanent staining. The collection is also certified dishwasher and microwave safe, and comes with a 1-Year warranty. For more info, please contact official distributor Raffles and Company, Inc at (02)687-4715 / 16 or visit www.worldkitchenasia.com



Make It Your Real Choice!

Only Lady's Choice Real Mayonnaise gives you creamier and fluffier eggs for breakfast! Add four tablespoons of Lady's Choice Real Mayonnaise to four eggs and beat the batter until frothy. Serve right after frying and enjoy mornings with this delectable dish!

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It's time to try...



Rice paper

Paper you can eat

Rice paper (or *bahn trang* in Vietnamese) is a thin, round wrapper made with rice, water, salt, and sometimes tapioca starch. Sold in dry form, the surface often comes in a woven pattern design since it is traditionally dried on bamboo mats. Rice paper is a precooked ingredient: made by first steaming, rolling it out until flat, then dehydrating it. As such, once rehydrated, the wrapper may be eaten as is or fried.

Wrap 'n' roll!

In Vietnamese cuisine, rice paper is used for making fresh summer rolls or fried spring rolls. Fresh rolls are usually filled with lettuce, rice noodles, thinly sliced pork, boiled shrimp, and herbs. Fried rolls, on the other hand, contain minced meat, mung bean noodles, and finely chopped veggies. Both rolls are served with a tangy fish sauce and lime-based dipping sauce called *nuoc cham*. To use rice paper, dip one sheet at a time in hot water until soft and pliable, then place filling in the center and wrap to enclose.

Shop and store

Look for rice paper in the Asian food aisle or wherever *lumpia* and *siomai* wrappers are displayed in the supermarket. It comes in two varieties: regular and extra thin. Store an opened pack of rice paper in a resealable bag at room temperature.

Chinese Sausage and Shrimp Summer Rolls

Light and refreshing, these delicious rolls are the perfect treat to prepare and eat on a scorching summer day.

Serves 4 to 6 **Prep Time** 40 minutes **Cooking Time** 1 minute

For the *nuoc cham* dipping sauce

- ☐ ½ cup warm water
- ☐ 3 tablespoons sugar or to taste
- ☐ 1 tablespoon fish sauce or to taste
- ☐ 1 tablespoon fresh lime juice
- ☐ ½ teaspoon minced garlic
- ☐ 1 bird's eye chili, chopped

- ☐ 3 pieces Chinese sausage
- ☐ 1 tablespoon vegetable oil
- ☐ 6 medium shrimps
- ☐ 6 sheets rice paper
- ☐ 6 lettuce leaves (hard stalks removed)
- ☐ 12 medium or large basil leaves
- ☐ 18 cilantro leaves
- ☐ 50 grams rice noodles, prepared according to package directions

1 Make the *nuoc cham* dipping sauce:

Combine water and sugar; stir until sugar dissolves. Add the rest of the ingredients and mix well. Chill and set aside.

2 Slice each sausage diagonally into four pieces. Heat oil in a medium frying pan. Cook sausages for about 1 minute; set aside.

3 Cook shrimps in a small pot of boiling water. Remove immediately once they turn pink. Remove head, tails, and shells. Slice in half, crosswise. Set aside.

4 Fill a tray or a large, deep plate with warm water. Dip both sides of 1 sheet of rice paper

until soft and pliable. Transfer rice paper to a clean plate or chopping board. On the bottom third section of the rice paper, place a lettuce leaf, 2 basil leaves, 3 cilantro leaves, a small handful of prepared rice noodles, and 2 sausage slices. Roll once to cover the filling. Add 2 slices shrimp, orange side facing down, then fold the sides. Roll tightly to seal. Repeat to make a total of six rolls.

5 To serve, place rolls on a platter or slice diagonally and arrange on a plate. Serve with *nuoc cham* on the side.

A little
cooking, a lot
of rolling!



Make good food with your...

Turbo broiler

A big fan

A turbo broiler (otherwise known as a multifunctional convection oven) is a portable oven with a round stainless or heat-resistant glass body and a heat source located at the top of the device. It has an internal fan mounted on the lid that circulates hot air. This ensures that the same temperature reaches the top and bottom of the food, thus cooking and browning food more evenly. Since heat is transferred more efficiently, it takes less time to cook, translating to savings on electricity too.

Cooking light

In the 70s and 80s, the turbo broiler was a big hit among local households because it offered a healthier, oil-free cooking technique. With hot air as the heating element, oil isn't necessary for cooking. And with the food suspended on a rack, fat drips away from the food, as in pork or chicken. The turbo broiler popularized turbo-roasted chicken, usually marinated in the classic Filipino concoction of *calamansi* juice, soy sauce, garlic, salt, and pepper. It's also frequently used for cooking crispy *pata*, broiling the cheesy surfaces of pastas and casseroles, and reheating leftover food. The turbo broiler can also be used for steaming and baking.

At the store

Turbo broilers can be found in all department stores and appliance centers, for about P1,800 to P3,500. Most models include a food rack, tongs, and a plastic body frame rack.



Black and White Cookies

Have freshly baked cookies in a snap! Prepare the dough then freeze. When a sugar craving calls, just whip out the turbo broiler and bake a small batch of these goodies.

Makes about 48 cookies **Prep Time** 10 minutes **Baking Time** 8 to 9 minutes per batch

- 2 cups or 1 (12-ounce) package semisweet chocolate chips
- 2 $\frac{2}{3}$ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter or margarine, softened
- 1 cup packed brown sugar
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla extract
- 3 large eggs
- 2 cups white chocolate chips

1 In a saucepan, melt semisweet chocolate chips over low heat until smooth. Set aside.
2 In a bowl, mix together flour, baking soda, and salt. In a large bowl, cream butter, sugars, and vanilla extract. Add eggs, one at a time, beating well after each addition.
3 Add melted chocolate and mix well. Gradually add flour mixture and mix until well incorporated. Stir in white chocolate chips.

4 Using a rounded tablespoon, drop dough (about 4 to 5 pieces) onto an ungreased 7x1 $\frac{1}{2}$ -inch round baking pan. Flatten dough with the back of a spoon or your hand. Bake in a turbo broiler set at 160°C for 8 to 9 minutes or until cookies are puffed. Place the rest of the batter in the refrigerator while baking. Cool on the baking pan for 2 minutes then transfer to a wire rack to cool completely. If using an oven, place dough on ungreased baking sheets and bake in a preheated 375°F oven for 8 to 9 minutes.





Liz's 10 ideas: No-cook summer

Want to spend less time cooking and more time playing? Here are refreshing dishes and snacks that don't require turning on the heat.

1 Sandwich it

Sometimes the simplest things are the most gratifying. Take this four-ingredient sandwich, for example: Simply layer tomato slices, mozzarella (or *kesong puti* for a homegrown touch), and julienned basil over crusty bread. Drizzle with olive oil, season with salt and pepper. Top with another slice of bread or enjoy as is.

2 Silken tofu with pork floss

This Oriental dish is one of our faves because it manages to be both light and hearty at the same time. To make, simply mix together oyster sauce, black vinegar, and sesame oil. Season with sugar to taste, then pour the mixture over a block of drained silken tofu. Sprinkle pork floss on top and garnish with cilantro leaves.

3 Pasta, ready and waiting

Make a big batch of pasta early in the day. Let it cool, drizzle with olive oil, portion it out, and store in containers. When you're ready to eat, combine the precooked pasta with bottled pasta sauce and quickly zap in the microwave.

4 Make a ceviche

Ceviche is a simple but classic dish consisting of raw seafood marinated in lemon or lime juice. The acids from the juice essentially "cook" the fish. Its fresh flavor is perfect for summer, especially if you mix in a little chopped mint. To make the dish more substantial, toss in some corn kernels as well.

5 Panzanella

This classic Italian bread salad is bound to become one of your summer standbys. Chop up a loaf of day-old bread into 1-inch cubes. Do not remove crusts. Place bread cubes in a bowl and add chopped tomatoes (seeded), diced cucumbers (peeled and seeded), salad greens, and julienned basil leaves. Drizzle with olive oil and red wine vinegar, then season with salt and pepper. Toss together, cover and let sit at room temperature for 30 minutes. Want to add a bit of crunch to the salad? Instead of day-old bread, use store-bought soup croutons.

6 Fruit salsa

Tomato-based salsas are common, but for a fresh change, why not try experimenting with fruit? Pineapples are a great choice—they're fresh, widely available, and downright delicious.

7 Peanuty chicken noodles

Use vermicelli noodles that only need to be rehydrated in hot water. Combine with peanut butter, soy sauce, sesame oil, and minced ginger. Top with shredded rotisserie chicken, spring onions, and sesame seeds before digging in.

8 Arugula and white bean salad

Mix together canned white beans (drained), sliced sun-dried tomatoes, arugula leaves, and canned tuna (drained). Drizzle with a basic vinaigrette or bottled salad dressing of your choice, then toss everything together.

9 Frozen fruit

Fruits are refreshing any time of the year, but they're heaven-sent during summer. One extra step we like to take to make them even more refreshing: Pop 'em in the freezer. This is great for fruits like grapes or mangoes. For grapes, wash them and take the fruits off the stem, then place in a plastic container and stash it in the icebox. For mangoes, scoop out the flesh and dice into bite-sized cubes before freezing. Now you've got something to snack on whenever you want to chill out!

10 Rice and shine

Toss leftover cooked rice with cubed mangoes, sliced red onions, chopped herbs, and minced jalapeño peppers. Don't be scared to up the spiciness of the dish—research has shown that spicy food can actually cool you down, so bring on the peppery heat!



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YOUR GUIDE TO THE SHOPPING AND DINING ESTABLISHMENTS FEATURED IN THIS ISSUE



SUPERMARKETS AND DEPARTMENT STORES

The Landmark Supermarket

Ayala Center, Makati City; TriNoma, North Triangle, Quezon City.

Rustan's Department Store

Ayala Center, Ayala Avenue, Makati City (tel. no.: 813-3739); and at leading malls including Shangri-La Plaza, Alabang Town Center, Glorietta 4, Robinsons Midtown Manila, and Gateway Mall.

SM Supermarket

At leading SM Malls nationwide; for a list of all branches, see www.smsupermarket.com.

OTHERS

Chef Myke "Tatung" Sathou

17 Matipid Street, Sikatuna Village, Quezon City (tel. no.: 352-6121).

CitiMarket

The Clubhouse, Roosevelt Park, Greenhills West, San Juan City (tel. no.: 570-7961).

Feed 5000

186 Luzon Drive, Ayala Alabang Village, Muntinlupa City (mobile no.: 0922-8351984); email: feedfivethousand@gmail.com.

Fully Booked

Unit R5, The Promenade, Greenhills Shopping Center, San Juan City (tel. no.: 724-4057); 2/L Gateway Mall, Araneta Center, Cubao, Quezon City (tel. no.: 913-4543); for a list of all branches, see www.fullybookedonline.com.

Gifts & Graces

G/F Unit 131, Mile Long Building., Amorsolo Street, Makati City (tel. no.: 759-2525).

ManilaQ

Available at Mercato Centrale (tel. no.: 506-1080; mobile no.: 0917-8358361).

Mia Casal

Available at Ritual at The Collective and at Mercato Centrale (tel. no.: 348-2342; mobile no. 0922-8347859).

Merry Moo

To order, call 0917-5289590 or email merrymoo@gmail.com.

Saizen

3/L East Wing, Robinsons Galleria, EDSA corner Ortigas Avenue, Quezon City.

Yoh-gee Premium Frozen Yogurt

Available at Mercato Centrale, Makati Sports Club, Patisserie Caroline, and Chef's Table. For delivery, call 340-3168 or 0922-8889648.



Fresh for Last

Sipit ng alimango

I love eating crab. I can still remember the looks of shock on the faces of some American friends when we dined at an all-you-can-eat restaurant in Maryland. Amused, they watched me finish over a dozen steamed blue crab in one go. And I can definitely eat more than a couple dozen *talangka* (small baby crabs).

The *sipit ng alimango* are pinchers of large mud crab found in estuaries here in the Philippines. Just like whole crab, these *sipit ng alimango* are not cheap—at P350 per kilo, you only get about 10 pieces. But it's a nice treat to indulge in once in a while. I always see these in the seafood market in Baclaran and Macapagal Avenue, both in Pasay City. They are also available in the seafood section of large wet markets.

You may simply steam them and then eat them with vinegar and lots of garlic for dipping. Or prepare them the way you would a whole crab—with coconut milk to make *ginataang alimango*. You can also pick the meat off steamed crabs and make crab cakes. Or make some chili crab, as I recently did.

As with most seafood, I made sure I didn't overcook these claws to avoid rubbery and chewy crab meat. After making the sauce, I put the crab in a large pot, covered it, and left it to simmer for 7 to 10 minutes. Because the shells had been precracked, the thick garlicky sauce flavored the sweet, succulent meat. Paired with steaming white rice, we ate the crabs with our bare hands. I licked the sauce off my fingers, surveyed the mess on the table, and thought to myself, "Boy, what a good meal."—Divine Enya Mesina

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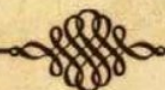
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